



BENELUX LINK

March/ April 2006

USAG BENELUX



MWR Trips and Tours

D-DAY TRIP TO NORMANDY

62nd Anniversary



Omaha Beach



Mon 5 - Wed 7 June

We will visit places such as:

Benouville - Pegasus Bridge, **Arromanches** - Artificial Port, **Collville sur Mer** - Normandy American Cemetery, **Omaha Beach** - Where the heaviest D-Day casualties were incurred, **Point du Hoc** - LTC James Rudder 2nd Rangers scaled the 100 ft cliff, **Utah Beach** - Here the 4th Division disembarked and the 0-km marker of the "Liberty Highway" is located, **St. Mere Eglise** - The 82nd Airborne Division landed here.

\$249 per person on double occupancy.

Single room supplement \$75 extra per person.

Included in tour price:

Round trip Royal Class Motorcoach Transportation, 2 Overnights with Breakfast. Assigned seating on first come and pay basis. Open to US/NATO ID card holders. Register with full payment by 15 April at the Schinnen Fitness Center.



For more info stop by the Schinnen Fitness Center or call
DSN 360-7561 / CIV 046-443-7561



Colonel Dean A. Nowowiejski
Commander, USAG BENELUX



Commander's Column

Welcome to the Springtime edition of the **Benelux Link** for the months of March-April 2006. Let's review a few considerations for these months and how your Benelux garrisons will serve joint American communities at Brussels, Schinnen, and Chievres, and elsewhere across Belgium, The Netherlands, Luxembourg, and northern Germany.

First, with Spring, the season of permanent changes of station and moving is fast approaching. We ask that you **seek to be a sponsor** for an inbound service member, civilian, or family, particularly if you moved here sometime in 2005. Those of you with recent experience in the challenges and opportunities that accompany relocation to the Benelux are best suited to sponsor incoming teammates. The proper procedures, phone numbers, and contacts that make in-processing work in this complex environment are fresh in your mind, and you have the most sympathy with the challenges and roadblocks involved. Please remember that successful PCS's rely on volunteer sponsors that care. Volunteer and begin to communicate with those who will arrive this summer.

It's tax time. Between internet resources, tax preparation software, and **tax assistance centers** at The Netherlands (Treebeek) or Northern Law Center (SHAPE and USAG Brussels), you should have the support you need to complete a timely tax return. Remember also your privilege of extended filing deadlines due to overseas service, but check Internal Revenue Service publications or your tax assistance center to make sure you have the right deadline. If you deployed in 2005, you have a special set of tax considerations that usually mean a great personal benefit.

Spring means flowers. See the feature articles in this edition about Keukenhof, The Netherlands, and tours of the flower fields. One of the privileges of living in the Benelux is that you can make some lifetime memories in one day. April is the month of **Days of Remembrance** (Holocaust), and there are several sites associated with the holocaust experience in Belgium and The Netherlands, from a concentration camp at Breendonk to Anne Frank's house in Amsterdam. You could mix a day or weekend of spring flowers with your own Days of Remembrance.

March will bring a series of **Women's History** events to our communities. Please check the web pages at www.usagbenelux.eur.army.mil for event details throughout the month. We expect some important speakers who have interesting stories to tell. Many of our inspiring leaders in the Benelux, be they diplomatic or military, have positive messages of their own personal women's history.

When you celebrate **Easter**, or travel for **Spring Break**, please keep in mind weather considerations. It is still wet and visibility is limited, so keeping your tires properly inflated and with good tread can help save your life on the narrow roads or high speed highways across our region. Enjoy the season safely!



CSM John M. Gaines
USAG BENELUX Command Sergeant Major



Lieutenant Colonel Richard S. Richardson
Commander, USAG Schinnen



Lieutenant Colonel Patrick J. Kilroy
Commander, USAG Brussels



Lieutenant Colonel John G. Romero
Commander, Chievres Garrison



David L. Lucia
Director, Morale, Welfare, and Recreation



STAFF

USAG Benelux Commander
Colonel Dean A. Nowowiejski

Deputy to the Garrison Commander
Debra L. Young

USAG Benelux MWR Director
David L. Lucia

USAG Brussels MWR Director
William Semans

USAG Schinnen MWR Director
Wayne Bardell

USAG Benelux Marketing Chief
Kimberly Wayland

Johanna Krause, Writer/Editor
johanna.krause@benelux.army.mil

Bill Audretsch, Graphics Director/Photographer
bill.audretsch@benelux.army.mil

Stacy Nixon, Marketing Coordinator
stacy.nixon@benelux.army.mil

Sylvia Deiwert, Marketing Assistant

Ellison Meier, Marketing Specialist
ellison.meier@benelux.army.mil

Salvador Espinoza, Graphics Illustrator
salvador.espinoza@benelux.army.mil

Contributors to this issue:

Dana W. Stevenson, cover photograph
Don Reichert, selected photographs

The USAG Benelux publication, "BENELUX Link" is a bimonthly community information source and an addition to the Meteor-Heraut for command-sponsored and leisure-time activities.

Any questions or comments about this magazine, please contact the DMWR Marketing Team at DSN 361-5904.

For more USAG BENELUX information, please visit:

<http://www.usagbenelux.eur.army.mil>

There is no U.S. government endorsement of any commercial sponsor.

Although the information in the issue is current at time of publication, activities and events are subject to change. Please contact the activity for confirmation.

Please recycle this magazine after reading.



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Keukenhof Gardens

by Chantelle Slattery

A true marvel of spring, Keukenhof Gardens with the extreme beauty and fragrance that over six million bulbs provide, is a must see event. Keukenhof has earned the title of "The World's Most Beautiful Springtime Park" and will be open this year from March 23 to May 19. After enjoying the millions of flowers outdoors, head inside to one of the gardening exhibitions, complete with all the latest in gardening trends, demonstrations and the breathtaking Japanese Garden. Keukenhof is also a great place for children. They can take time out from the tulips and follow a maze, visit the petting zoo, run through the playground, or follow an educational adventure trail. Come join SHAPE Trips and Tours on April 22 while we spend the day exploring this incredible park and witness the "Flower Parade of the Region," an annual one day event and Schinnen MWR, Trips & Tours scheduled for Sunday, 14 May 2006.

ARMY COMMUNITY SERVICE

Bldg 39, Schinnen
 DSN 360-7500; 046-443-7500
 Outside Holland, call:
 0031-46-443-7500
 Hours: Monday-Friday 8 a.m.- 5 p.m.
 You can contact ACS 24/7 at:
ACS-Schinnen@benelux.army.mil

Take advantage of these great opportunities to enrich your life. Call ACS today to sign up and register for our wide range of classes and programs.

Relocation Assistance Program

DSN 360-7512; CIV 046-443-7512

Newcomer's Orientation Tour

Familiarize yourself with the Tri-border area by visiting military and civilian sites. We'll give you the information needed to ease your transition and lessen your stress. second and fourth Friday of the month, 9 a.m - 3:30 p.m.

Sponsorship Training

Learn about becoming a sponsor for new people coming into the area. We offer a monthly class for soldiers and civilians who have been appointed to sponsor a newcomer. The class falls on every third Wednesday of the month, 2 p.m. - 3:30 p.m.

International Spouses Orientation

Foreign born spouses coping with cultural differences and military life can receive support and assistance at this class. Offered the last Wednesday of the month from 2 p.m. - 3 p.m. In the ACS Conference Room.

Family Advocacy Program (FAP)

DSN 360-7500; CIV 046-443-7500

Friday Family Film Night

Every Friday beginning at 6:30 p.m. in the AFNORTH Chapel, 3rd floor (location will move to the ACS Conference Room in April.) We offer a free dinner followed by thought provoking films to stimulate discussion among family members on topics such as parenting, relationships and teenage issues. Call DSN 360-7367 to make a reservation.

FAP Prevention Education

Classes are free and on a first come first serve basis. Pre-registration is required.

ARMY COMMUNITY SERVICE**Get a Grip Series**

This Series is designed for couples and students. Students meet every Tuesday, 3:30 p.m. - 4:30 p.m. at AFNORTH International School. Couples meet every Tuesday 6 p.m.- 8 p.m. at ACS on Schinnen.

**Get a Grip on Communicating**

Participants will come to understand the importance of learning and using effective communication skills. Effective verbal and non-verbal communication will be explored.

Get a Grip on Building Relationships

This workshop is packed with techniques that can help people get along better with friends, family, teachers and at the workplace.

Get a Grip on Anger

This is a hands-on workshop to deal constructively with anger. Learn strategies to help calm things down in your life.

Get a Grip on Teenage Stress

Discusses causes and methods of coping with the persistent onset of stress.

New Parent Education and Support Program (NPSP)

DSN 360-7335; CIV 046-443-7335

Birth, Breast-feeding and Beyond

NEW! Invaluable information in a six class series. Begins March 21, 6 p.m. - 8 p.m. at the Schinnen Sports Center.

OB Orientation/Prenatal Education Class

Learn about cultural differences, giving birth overseas and community resources. Class is held the first Tuesday of every month from 10 a.m. to noon in the Geilenkirchen Clinic Conference Room.

ARMY COMMUNITY SERVICE**Play Morning**

This interactive and educational playgroup is designed to develop parenting skills and give parents and kids a chance to socialize. The group meets at the Schinnen Sports Center every Thursday, 9:30 a.m. - 11:30 a.m.

Heerlen Hospital Tour- Visit the labor and delivery unit and meet with OB labor and delivery nurses. Transportation is provided. Please contact NPSP at 046-443-7335 to register.

Employment Readiness

DSN 360-7269; CIV 046-443-7269

Finding Employment Workshop

Gain knowledge about job searching skills and where to find employment within the area. Workshop is held every Tuesday, 10 a.m. - noon. Please sign up with ACS.

Hands on Resume/Resumix Workshop

Learn how to create, store and send a resume online and how to apply for Federal Government jobs. Offered every Tuesday, 2 p.m. - 4 p.m. in the ACS Resource Lab.

Deployment and Mobilization Readiness

DSN 360-7500; CIV 046-443-7218

Operation Ready Training

NEW! Provides resources for upcoming separations, no matter what they are. Training provided in the ACS Yellow Ribbon Room on March 22 and April 26, 3 p.m. - 4 p.m. We know how long the drive can be, so we'll visit Rotterdam on March 15 and April 19.

Webcams, VTC and Morale Phone Calls

In cases of deployment, TDY, PCS move, hospitalization or any other event that might separate you from your family and make you lonely or homesick, ACS now has free live webcams and VTC available. Use them when you want to share moments such as a new baby, graduation or birthday greetings. The service is offered daily, but only by appointment. So please call in advance.

Coffee Hour/High Tea

Families and friends of deployed soldiers get together in the Yellow Ribbon Room and enjoy conversation, coffee or tea and treats. Every second Wednesday of the month, 1:30 p.m. - 3 p.m.

ARMY COMMUNITY SERVICE**Financial Readiness and Army Emergency Relief**

DSN 360-7450; CIV 046-443-7540

Financial Readiness Classes

The class covers banking and credit union services, budget development, record keeping, debt liquidation, insurance and more. Taught every third Wednesday of the month, 10 a.m. - 11:30 a.m.

Financial Focus

Two part class for first term soldiers. Part one covers check writing and record keeping. Part two is a financial readiness class for all junior enlisted. Get tips on how to stretch your dollars. Class is offered every second Wednesday of the month, 10 a.m. - 11:30 a.m.

One-on-One Financial Counseling (Off-site)

Receive specialized help and support on subjects ranging from understanding your local utility bills to advice on your personal finances. Offered in the AFNORTH Battalion Conference Room, 2 p.m. - 4 p.m. every second and third Wednesday of the month. Counseling is offered in the Rotterdam Community Center. Please call for availability.

Exceptional Family Member Program (EFMP)

An exceptional family member is a family member (child or adult) with a physical, emotional, developmental or intellectual disorder requiring special treatment, therapy, education, training or counseling. EFMP offers advocacy for family members with special needs. If you are already in the program and have not been contacted by ACS or would like more information, please call DSN 360-7371 or CIV 046-443-7371.

ARMY COMMUNITY SERVICE**Army Family Team Building (AFTB)**

DSN 360-7464; CIV 046-443-7464

Designed by families for families, AFTB, in short, is free basic training for personal and professional development. The AFTB program offers a full spectrum of helpful one hour courses conducted at the ACS Conference Room.

AFTB Schedule for March/April**Basic Problem Solving**

March 9, noon

Personal Growth: Stress Management

March 16, noon

Expectations and Impact of the Mission

March 23, noon

Personal Growth: Adapting to Change

March 24, 9:30 a.m.

Military Acronyms and Terms

April 13, noon

Personal Growth: Adapting to Change

April 14, 9:30 a.m.

The Chain of Command

April 27, noon

Personal Growth: Problem Solving

April 28, 9:30 a.m.

Volunteers are needed! Help teach the training modules, provide on-site childcare and perform administrative duties in support of AFTB.

Army Volunteer Services

DSN 360-7451; CIV 046-443-4751. Come share your skills with the community. Get involved and help promote community well being. For Volunteer openings, contact the Army Volunteer Corps Coordinator.

CHILD AND YOUTH SERVICES

Programs are open to all U.S. And NATO ID card holders. All children and youth must be registered through Central Enrollment and Registration (CER) to use our services. A yearly registration fee is required. CER enrolls children in programs and maintains waiting lists when needed.

Parents Education Classes

CIV 045-563-6221.

Lunch time sessions with USAG Schinnen CYS staff at the Brunssum SAS/CDC. Please call for details.

March 9 How to Recognize and Help a Bully or Bullied Child**April 6 Youth Summer Hire Seminar****Central Enrollment and Registration(CER)**

Treebeek Education Center
DSN 364-6221; CIV 045 563-6221
cys.schinnen@benelux.army.mil
Walk-ins: Mon - Fri, 8 a.m. - 3 p.m.
Appointments:
Mon - Fri, 3 p.m. - 5 p.m.
Closed U.S./NATO holidays.

Family Child Care

Treebeek Education Center
DSN 364-6221; CIV 045-563-6221
Full day/extended/hourly care for infants up to 6th grade. Call for information on child care.

Family Child Care Providers are needed. Would you like to work at home taking care of children in your government leased quarters? Call today for an application and further information.

Child Development Center (CDC) JFC HQ Brunssum

DSN 364-2575; CIV 045-526-2575
Full day care for infants and kindergarten children. Part day preschool (3-5 yrs) on Mon/Wed/Fri or Tue/Thu, from 9 a.m. to noon. Hourly care also available with a reservation. Register at Central Enrollment.

School Age Services (SAS)

DSN 364-3004, JFC HQ Brunssum, Before and after school care, 1st through 5th/6th grades. Full day care on school out days. Hourly care is also available. Please call DSN 364-2575 for a reservation.

Youth Services (YS)

Bldg H603, JFC HQ Brunssum
DSN 364-3008
Hours: Mon - Fri, 3:30 p.m. - 6 p.m.
School out days: 8 a.m. - 6 p.m.

Change Your World...

@ Your Library

**National Library Week
April 2-8, 2006**



CHILD & YOUTH SERVICES**Youth Sponsorship**

Ease your transition to the community by requesting a youth sponsor. Want to become a sponsor? Free training is available. Call YS at DSN 364-3008 or email cys.schinnen@benelux.army.mil

Technology Labs

YS and SAS have brand new technology labs. Come check out all the new computer games like Rollercoaster, Tycoon II, Sims City IV, Tetris Works and Flight Simulator.

Homework Help

In the after school program, YS and SAS have instructors to help the children with their homework.

Youth Sports

Baseball registration runs through March 11 for ages 6-18. Cost is \$40.00. The season runs from April-July. For full details, please call 045 563-6056 or CER in Treebek at 045-563-6221.

School Liaison Services

Treebeek Education Center
DSN 364-6141

Good information on school transitions, reduced price lunch program and youth sponsorship.

Job and Volunteer Opportunities at CYS

Program Assistants work with infants through high school. Salary is linked to training and experience. Free training is provided.

Volunteer Head Coaches receive free and discounted sports enrollment for their children.

Volunteers are always welcome in our programs to hold a baby, play with a child, or teach a skill to a teen. Contact Central Enrollment and Registration at DSN 364-6019 or 045-563-6019 for more information.

COMMUNITY RECREATION**in the Recreation Plaza**

Bldg 40, Schinnen
DSN 360-7207; CIV 046-443-7207
Hours: Wed - Sat 11 a.m. - 9 p.m.
Sun 11 a.m. - 6 p.m.

The Schinnen Bowling Center

Unwind! Get together with friends in the Memories Lane Lounge every Friday at 4 p.m. for social hour and munch on some delicious free finger foods. Exciting cosmic bowling follows social hour, getting underway at 6 p.m.

Bowl weekdays for \$1/game every Wednesday through Friday from 11 a.m. until 4 p.m.

COMMUNITY RECREATION**The Schinnen Bowling Center**

12-lane house with Cosmic Bowling, league bowling and open bowling.

Good Grades Bring Free Games!
Kids, bring your latest school report cards and get a free game for each A or B you earned. It doesn't take an Einstein to see this is one sweet deal!

Harry's BBQ

Schinnen Bowling Center
DSN 360-7527; CIV 046-443-7257
Hours: Tue, 11 a.m. - 2 p.m.; Wed, 11 a.m. - 8 p.m.; Thu/Fri, 4 p.m. - 8 p.m.; Sat, 11 a.m. - 6 p.m.; Sun, noon - 4 p.m.
Renowned for Harry's succulent baby-back pork ribs. NEW! Pork chops platter and Shoarma on a bun.

Pin Point Café

Schinnen Bowling Center
DSN 360-7527; CIV 046-443-7527
Hours: Wed - Fri, 11 a.m. - 8 p.m., Sat, 11 a.m. - 6 p.m.
Tasty chicken baskets, an excellent selection of delectable sandwiches and the best burgers in town.

Pin Point Café

March is Nutrition Month and in celebration, the Pin Point Café will offer nutritious lunch specials every Wednesday. Dishes such as baked chicken, stir-fry, salads and salmon are sure to put you on the path to healthy living.

FITNESS & SPORTS

Bldg 38, Schinnen
DSN 360-7561; CIV 046-443-7561
Hours: Mon -Fri, 6 a.m. - 8 p.m.
Sat, Sun, holidays, 9 a.m.- 5 p.m.

The Schinnen Fitness Center has been renamed in dedication to the memory of Andre Bruls. The new name is the **Bruls Fitness Center**.

Body Relax

Thursdays, 5 p.m. - 6 p.m.

Spinning Classes

Fridays, 11:30 a.m - 12:15 p.m.

Tae Bo Classes

Mon/Wed/Fri, 5:30 p.m. - 6:45 p.m.
Be sure to ask about our other courses in circuit training and racquetball.



Mother's Day Trip to
Keukenhof
Sunday 14 May

MWR Trips and Tours

Adults - \$49
Children (4-11 yrs) \$39
Under 3 yrs - \$29

Price includes round trip transportation in luxury motor coach (non smoking) and entrance to the gardens.

Register with full payment by 7 May at the Schinnen Fitness Center.

Assigned seating on first come first serve basis.

Open to U.S. & Canadian ID card holders.

For more info or reservations, stop by the Schinnen Fitness Center or call
DSN 360-7560 / COM 046-443-7560

MWR TRIPS AND TOURS

Bruls Fitness Center
DSN 360-7651; CIV 046-443-7561
Take the worry out of travel and relax on any of these fun Spring outings. Trips are open to all U.S. and NATO ID cardholders.
NOTE: For NATO ID cardholders to enter Schinnen, they must have an IACS pass which can be obtained through their delegation commanders.

Weekend in Vienna

Mar 21- 24 (Fri - Mon)
\$325 per person double with a \$90 single room supplement. Three overnights with breakfast to the City of Dreams. Vienna has it all! The splendor of its past coupled with a vibrant cultural scene. Visit the KunstHausWien (Hundertwasser's work), ride the Riesenrad (the Ferris wheel in Orson Welles' Third Man,) drink in the essence of empire at one of Vienna's many coffee houses. The trip includes a tour of the city.

SATO TRAVEL

Bldg 4, Schinnen
DSN 360-7482; CIV 046 -443-7482
Hours: Mon - Fri, 8 a.m. - 5 p.m.

SATO Travel is a full service travel agency for military, government and personal travel. We offer services such as airline and train reservations as well as tickets and information on trips and tours. How about a cruise this summer?

TAX RELIEF OFFICE (VAT)

Bldg 39, Schinnen, next to the Community Bank
DSN 360-1780; CIV 046-443-1780
Hours: Mon - Fri, 8 a.m. - 4 p.m.

NEW! Unless you have a German location ID card, you cannot buy a German VAT form at Schinnen.

MOVIE THEATER/ALLIANCE

JFC HQ Brunssum
DSN 364-2110; 045-526-2110
Fri - Sun, Box opens at 6:30 p.m.
Movie at 7:00 p.m.
Saturday Matinee at 4:00 p.m.

LIBRARY

JFC HQ Brunssum
DSN 364-2669; CIV 045 526-2469
Hours: Tue/Wed, 10 a.m. - 8 p.m.
Thu/Fri, 10 a.m. - 6 p.m.
Sat/Sun, noon - 4 p.m.
Our information website has changed! Find us at:
www.JFCBrunssumlibrary.eur.army.mil

MWR/BOSS Office

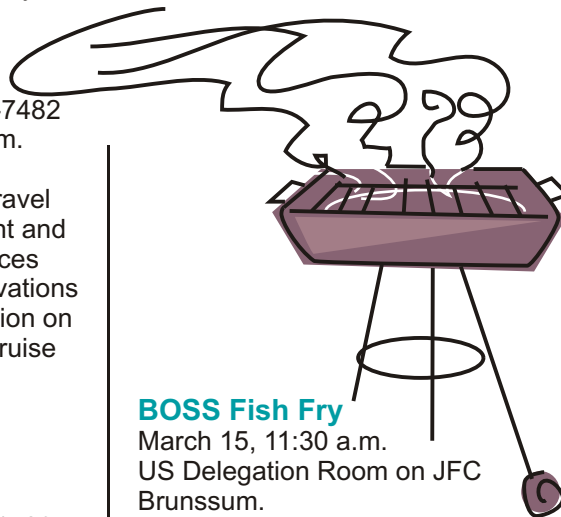


Treebeek Education Center
Room 132
DSN 364-3877; CIV 045-526-3877

BOSS meets March 8, April 12 and April 26 at the Treebeek Education Center. BOSS meets March 22 in the Geilenkirchen Conference Room.

Kenya Outreach Program

BOSS will be donating school supplies to Kenya in an effort to help needy children there. Contact your unit representative during March for drop box locations where you can donate scissors, pens, etc.



BOSS Fish Fry

March 15, 11:30 a.m.
US Delegation Room on JFC Brunssum.
Delicious fish served with beans, corn and a roll for 6 euros.

ARTS & CRAFTS CENTER

Bldg H607, JFC HQ Brunssum
DSN 364-2454; CIV 045-526-2454
Hours: Tue/Thu, 10 a.m. - 5 p.m.;
Wed 10 a.m. - 9:30 p.m.;
Sun, 1 p.m. - 5 p.m.

Call or drop by to reserve a spot in the following classes. Class times and dates are generally flexible and are often selected based on an interest list.

Fine Art

Thursdays, 10 a.m. - noon.
Painting (oil, acrylic, egg tempera, water) and drawing (pencil, pastel, chalk, charcoal.)

Scrap Booking

Looking for some easy organizational ideas? Learn how to create an interesting album.

ARTS & CRAFTS CENTER

Basic Matting and Framing Workshop

You will learn how to frame your pictures, prints, artwork and collectibles. Instruction covers how to select molding and mat colors, how to cut mats and glass. The workshop cost is 35 euros and is offered Wednesdays from 5:30 p.m. - 8:30 p.m.

Rubber Stamp Art, Stained Glass Course, Dry Brush Ceramic Painting

Call for times and dates.

Bobbin Lace Class

Lace made on a pillow with bobbins is a very old craft dating from Elizabeth I. Learn the history and the techniques from our experts. Call for times and dates.

NEW to the Ceramic Shop

To use the facility, you must complete this beginner ceramic pouring class offered Wednesdays. Gary instructs you on mold and tool use and cleaning techniques. Upon completion, you'll receive a firing number which allows you future access to the facility.

INDOOR SWIMMING POOL

Located next to the Arts and Crafts Center on JFC HQ Brunssum.
DSN 364-3172; CIV 045-443-3172
Hours: Tue-Fri, 4 p.m. - 7 p.m.,
Sat/Sun, noon - 4 p.m.

Enjoy the indoor pool and take advantage of a variety of classes to include scuba diving and water aerobics. Catered parties and special events are available for a fee, Fridays, 7 p.m. - 9 p.m. and weekends, 4 p.m. - 6 p.m.

Adult Lap Swim

Mon - Fri, 7 a.m. - 8 a.m.

Public/Family Swim,

Tue - Fri, 3 p.m. - 6:30 p.m.

Sat, Sun, noon - 4 p.m.



Indoor Swimming Pool

Youth Services Boys & Girls Club to Participate in National Fine Arts Program



Brunssum, Jan. 9, 2005

The Boys & Girls Clubs of America's (B&GCA) National Fine Arts Exhibit program is a comprehensive initiative promoting young people's creativity and encouraging artistic skills and cultural enrichment. Youth Services partnered with AFNORTH School to submit artwork in four age divisions and 10 categories. These categories included water color, pastel, oil, acrylic, and collage. Ten local winners' artwork pieces were sent to the regional level in Heidelberg. A limited number will be sent to B&GCA's Atlanta headquarters for judging at the national level. Forty national winners will be named and their artwork displayed at special

To learn more call CIV 0031-45-526-3008 (DSN 364-3008) or fax us at 0031-45-400-9657.

events throughout the year. Winning artists will also receive an engraved plaque and letter of congratulations from B&GCA President Roxanne Spillett. Regional finalists will receive a certificate of appreciation. "We are most fortunate to have such a great partnership with young artists in our community," said Peter Iedema, YS Program Manager. "The students in the AFNORTH art department worked hard to create quality pieces of art."

Located on JFC Brunssum, bldg. H-603, Youth Services has served the youth of the Tri-border area for decades. Youth Services continues to provide excellent programs for our youth in the areas of character and leadership development, educational enhancement, career preparation, health and life skill, fitness and recreation.

Basic Ceramic Painting Class

Sign up to learn three different painting styles. Please bring an item to paint in class.

Gem Tree Class

11 euros includes all materials and instruction on how to make a great gift.

ARTS & CRAFTS CENTER

Bldg H607, JFC HQ Brunssum
DSN 364-3821; CIV 045-526-3821
The Center has ready-made frames and mats in many sizes and styles for immediate pick up. We will be happy to special order that perfect frame and help showcases your pictures, prints and posters. We also offer dry-mounting, laminating and shrink wrapping. Our experienced staff is ready and willing to help with suggestions on how to preserve and frame your treasures.

Assorted Posters for Sale

We have over 65 different standard size posters for sale in the Custom Frame Shop at just 5 euros each.

Book Binding, Linen and Leather Workshop

Wednesdays, 6 p.m. - 9 p.m.
Sign up for three 3-hour workshops and learn the rare art of book binding. Includes two finished books and materials for 37 euros.

Book Restoration Class

In this three hour class you'll discover the art of book restoration. Please come to the craft shop to see the beautiful examples.

Computerized Engraving

This is the perfect place for you to engrave plaques, signs, plates, outdoor signs, door plates or diplomas.

AUTO CRAFT SHOP

JFC Brunssum
DSN 364-3173; CIV 045-526-3173
Tue 8 a.m. - 4 p.m.;
Wed 9 a.m. - 5 p.m.; Thu noon - 8 p.m.; Fri/Sat 8:30 a.m. - 4:30 p.m.

ROTTERDAM PROGRAMS and ACTIVITIES

Directorate of Morale, Welfare and Recreation (DMWR) Office
DSN 362-242; CIV 010-459-2420
If you have any questions about the following activities, please contact our office.

Join us in the CADI for Birthday Recognition Day, March 15 and April 19.

On March 13, everyone is invited to play in our lunch time basketball game in the CADI gym.

Easter Brunch will be served April 13 in the dining facility.

We are taking a trip to Berlin April 14 - 16. Please call for prices and details.

ROTTERDAM PROGRAMS and ACTIVITIES

Family Readiness Group (FRG) MWR Coordinator

DSN 362-2493; CIV 010-459-2493
Our Community Room is open around the clock.

The idea behind a Family Readiness Group (FRG) is that soldiers and families benefit from helping one another cope with the rigors of Army life. The family readiness group can be a shoulder to cry on or an ear to listen to their issues and their stories. Call the FRG coordinator to find out when your local FRG group meets.

Arts & Crafts/Outdoor Recreation

DSN 362-2457; CIV 010-459-2457
Hours: Mon - Fri, 9 a.m. - 4 p.m.
It's Spring, but still a bit chilly outside. This is a good time of the year to take advantage of our excellent facilities. We also offer a large selection of sports equipment rentals.

Library

DSN 362-2454; CIV 010-459-2454
Open Mon - Fri 10 a.m. - 6 p.m.
Closed 1 p.m. - 2 p.m. for lunch.

Hal's Lounge

Socialize with friends Mon - Thu 2:30 p.m. - 8 p.m. and Fri 4:30 p.m. - 10 p.m. Don't miss BOSS movie nights on Sat, March 25 and April 29.

Fitness Center, Weight Room, Car Wash and Car Lift

All facilities are open 24 hours a day for your convenience.

HANSEL and GRETEL

MISSOULA
CHILDREN'S
THEATRE



WWW.MWR-EUROPE.COM

2006 workshops

Week long workshops for youth culminating in performances of a beloved classic.

March 26 - April 1

Vilseck, DSN 476-2912

Wiesbaden, DSN 336-2473

April 16 - 22

Baumholder, DSN 485-8779

SHAPE, DSN 423-3312

May 7 - 13

Hohenfels, DSN 466-2340

Vicenza, DSN 634-7281

April 2 - 8

Schweinfurt, DSN 354-6186

Heidelberg, DSN 373-5020

April 23 - 29

Hanau, DSN 323-2391

Bamberg, DSN 469-8647

May 14 - 20

Ansbach, DSN 468-7636

Giessen, DSN 343-6515

April 9 - 15

Kaiserslautern, DSN 483-6626

Stuttgart, DSN 430-7458

April 30 - May 6

Darmstadt, DSN 348-7336

Kitzingen, DSN 355-8370

May 21 - 27

Schinnen, DSN 364-2575

Illesheim, DSN 468-7636

Presented by MWR Army Entertainment, Installation Management Agency - Europe. For information call DSN 370-7499 or visit www.mwr-europe.com

ARMY COMMUNITY SERVICE**Information and Referral Program**

ACS, Bldg 4, top floor
DSN 368-9783; CIV 02-717-9783
Mon - Fri, 8 a.m. - 5 p.m.

Website: www.brusselslife.be

Our website is available in English or French and provides visitors with leisure-time information on restaurants, language schools, cultural events, local customs, sport clubs and children's activities.

Have your questions answered. Pick up community event flyers, program tri-fold brochures, and free copies of the Benelux Link magazine, the Meteor-Heraut newspaper, and the Connection magazine. Receive information on Brussels' agencies. Process Makro cards and sign up for classes! The ACS reception/in-take desk is located in front of the elevators

Changes in accessing the "Military One Source" website

Military OneSource online has launched a new registration process called membership. Users of the Military OneSource website will now be required to create their own unique user identification and password to gain full access to the site. This change will improve user access to the site by eliminating the need for users to learn the branch-specific user identification and password. Military OneSource users that have previously created personalized accounts will continue to log on using their personal identification and password. This change is effective immediately. If you have forgotten your password you must follow the link to "Get a reminder of your login information." Follow the directions and your password will be sent to you via E-mail. If you are new to Military OneSource, you will need to create a membership, which takes less than a minute to complete. To create a membership go to the Military OneSource homepage at www.militaryonesource.com and select "My Military OneSource/Sign-up." Once completed you will receive an E-mail confirmation from Military OneSource. Once you've received your confirmation, simply log-in and you will be sent directly to your branch-specific Web page.

ARMY COMMUNITY SERVICE**Consultation Services by Military One Source**

Did you know that Military OneSource provides advice and useful information such as financial planning, retirement, disability, parenting and childcare? For more information call Military OneSource and speak with a consultant. From the United States dial 1-800-342-9647; overseas toll free dial: access code (*) 800-3429-6477; deployed and from remote areas call collect: 484-530-5908. For Spanish dial: 1-877-88-0727. TTY/TDD accessible at: 1-866-607-6794. * Please note that callers from Europe need to dial 00 before dialing the overseas toll free number.

Listen to CD's from MOS On-Line

A new online feature has been integrated into Military OneSource online. Soldiers and family members now have the ability to download and listen to award winning CD's directly from the website. This new feature is one of several the Ceridian company is working on to offer innovative web-based solutions designed to provide soldiers and family members with immediate access information. They can listen to or download tracks, even an entire CD onto their computer. Text versions can be viewed and printed. Hard copies of the text versions as well as CD's may be ordered. For added convenience, tracks can be downloaded to an iPod or Mp3 player. To access a CD online, "click" on any CD from a resource room with an option to "listen/download." From there an easy-to-use interface makes it simple to listen and download materials.

Newcomers' Briefing

CIV 02-717-9783

Just been assigned to Brussels? Our 3-day workshops will ensure a smoother transition for new arrivals. Next Newcomers' Briefing is April 25, 26, 27. On Day One, 8:45 a.m. - 2:30 p.m. at USAG Brussels, Bldg.4, conference room, key agencies will present a brief overview of their programs and answer your questions. On Day Two, 9:30 a.m. - 2 p.m., the NATO Health Clinic patient liaison coordinator will provide a tour of the

ARMY COMMUNITY SERVICE**Newcomers' Briefing (Continued)**

Leuven Gasthuisberg Hospital. ACS will also give you general information about Belgium and local customs. On Day Three, 9:30 a.m. - 11 a.m., the Director of the Delhaize in Kraainem will familiarize you with a local food store. Please call ACS to register.

Metro Madness Outing

CIV 02-717-9783

The easiest way to travel around the Brussels Capital Region is to use the public transportation system. To find out more, attend the next *Metro Madness* class on Friday, March 24, 9:30 a.m. - 2:30 p.m.

This most popular ACS class, followed by an exploratory trip, will assist you in becoming acquainted with the Tram, the Pre-/Metro, and the Bus. Meeting place is the ACS office located at the USAG Brussels building, (Bldg 4), top floor, at 9:25 a.m. Limited to 10 people so please call to register. Metro Madness classes are offered on a monthly basis on Fridays.

Transition Assistance Program

CIV 02-717-9783

The Transition Assistance Program or TAP is open to all military members, their spouses, and civilians contemplating leaving government service. It includes a pre-separation briefing and a career transition workshop. The pre-separation briefing reviews the benefits and services available to military service members and their families as they transit from the service. The career transition workshop will cover such topics as interviewing, reviewing job offers, support and assistance, career exploration, strategies for an effective job search and much more. This three day program will be held March 28, 29, 30, 9:00 a.m. - 4 p.m. at USAG Brussels. A remote services program is now available at www.acap.army.mil.

BRUSSELS 5-DAY WEATHER FORECAST

The Air Force's 21st Operational Weather Squadron now provides a five-day weather forecast service for Brussels. Here is their website address for those of you wishing to add this to your personal favorites!"

[Http://ows.public.sembach.af.mil/ay/ebbr5.htm](http://ows.public.sembach.af.mil/ay/ebbr5.htm)

ARMY COMMUNITY SERVICE**VA Benefits**

CIV 02-717-9783

USAG Brussels is hosting three seminars on VA benefits.

Representatives from the Department of Veterans Affairs will discuss topics such as education benefits, life insurance, home loans, health care, death and survivor benefits, compensation for service, vocational rehabilitation and employment, disabilities and more. Join us on:

March 21, 2:30 p.m.- 4:30 p.m.;

May 16, 2:30 p.m. - 4:40 p.m.;

July 12, 10:00 a.m. - noon.

Call to register. Please note that while briefings are primarily for the benefit of active duty military personnel, family members and retirees are always welcome to attend!

Conflict: Working it Out!

CIV 02-717-9783

Conflict happens. We can prepare ourselves to deal with conflicts in a positive manner. Come to this ACS class presented by Elaine Falco-Cozzone to learn more.

February 13, 11:30 a.m. - 1:00 p.m.

In the top floor of the USAG Brussels building, in the Conference Room. Please call ACS to register in advance.

Family Matters

CIV 02-717-9693, POC Terry Tanner
Got a question? Have it answered at Family Matters on April 19 and 22. Sit down with area professionals to discuss any and all things pertinent to raising a healthy child. Subjects from college prep, empty nest to WIC enrollment will be covered during an informal sit down Q&A session at USAG Brussels.

Army Family Team Building (AFTB)

Army Family Team Building (AFTB) is a volunteer organization which provides training and knowledge to spouses and family members of active duty military personnel to support the total Army effort. AFTB's mission is to educate and train all of the community who is interested in learning more about the Army lifestyle. Advanced sign up is required at DSN 368-9783. Free limited childcare is provided to participants and volunteers.

DID YOU KNOW THAT IN BRUSSELS, AFAP...

is not only for the Army but open to all branches of services, despite its official name (*Army Family Action Plan*); not only for the Military, but also open to Civilians. There is no rank that matters in this democratic forum; not only for the USAG (NSA) personnel, but open to anyone affiliated with the Tri-Mission, including Canadians; not only for adults, but also open to the Youth who can share their concerns and ideas through a Teen Panel; not only a 2-day Forum with a "one-shot" effect but a year-round Program with stages, progress, and outcomes.

AFAP is run by the Army Community Service with the volunteer help of elected Delegates, Staff, and Agency Heads; it's the way to continually improve your quality of life by helping us adjust the programs and services to the needs of your family and to the challenges of this specific location.

Monitored by a Steering Committee which meets quarterly to keep track of the issue resolution process, Brussels AFAP is followed up by the USAG-Benelux, AFAP and its Steering Committee. The issues not solved locally are forwarded for resolution at a higher level; so this is the very first level of a grassroots process which goes all the way up to Department of the Army and US Congress. This Army-wide program held around the world starts with you.

Finally, AFAP is publicized in the media so all the community members have access to the responses to their issues... and it is also the acronym for the program's motto: "As Far As Possible!" Contact the Brussels Community AFAP Coordinator for details to take part in the program.

"AS FAR AS POSSIBLE" WITH AFAP!

CIV 02-717-9643

Isabelle.Gillet@benelux.army.mil

The *Annual Brussels Tri-Mission Community AFAP Forum*

(Army Family Action Plan) is

scheduled for **Tuesday, March 14**

and Wednesday, March 15,

8:30 a.m.- 4:30 p.m. at USAG

Brussels. The AFAP Forum gives

you a voice and an opportunity to

improve the quality of life in your

community. It is open to everyone,

members of the military, as well as

civilians, retirees, adults and teens.

Want to get involved as a community

delegate, workgroup staff,

conference assistant, subject matter

expert, or a process observer?

Contact us!

Emergency Placement Care Program

CIV 02-717-9693 or 02-717-9783

ACS is looking for providers for the Emergency Placement Care Program. Help support the Brussels American Community by providing children in crisis with a safe and caring environment. Certification and training are provided and costs are reimbursed. For more information about this short-term intervention program, please contact the NSA ACS Soldier and Family Readiness Program Manager.

UPCOMING AFAP DEADLINES

CIV 02-717-9643

Isabelle.Gillet@benelux.army.mil

Facilitator, Recorder, Transcriber,

Issue Support Person (FRTI) Staff

Training will be offered March 1,

11:30 a.m. - 1:30 p.m. or

6 p.m. - 8 p.m. Delegate Training

will be March 8,

11:30 a.m. - 1:30 p.m. or

6 p.m. - 8 p.m. Advance registration

is required for FRTI Staff and

Delegate training.

Army Volunteer Corps (AVCC)

Bldg 4 top floor, Rm 306

DSN 368-9679; CIV 02 717-9679

Financial Readiness

Bldg 4, top floor, Rm 325

DSN 368-9698; CIV 02-717-9698

AER - Army Emergency Relief

For military families and service members experiencing an emergency and needing additional funds, AER may be able to help. This private, non-profit organization can provide interest free loans, and grants for long-term financial hardships to assist service members with emergencies. ACS coordinates the AER program at Brussels. Visit the AER website at www.aerhq.org.

ARMY COMMUNITY SERVICE**New Parent Education & Support Program (NPESP)**

Bldg 2, Rm 256, Chapel area
DSN 368-9684; CIV 02 717-9684

INFANT CPR & FIRST AID

Are you prepared to save your infant/child's life? Not sure how to avoid children's injuries inside and outside your home, or even how to handle an emergency? Learn CPR, rescue breathing techniques, and basic first aid treatment for children under 8 years of age on March 13, 10 a.m. - noon in the Fellowship Hall, Chapel area, Bldg 2. Advance sign up with ACS is required.

Infant Massage

CIV 02-717-9783

With this nurturing touch class, discover the ways in which baby massage can benefit both you and your baby. Learn how to use soothing massage to aid sleep and restlessness. It's also a great way for you and your baby to relax and have fun together! Next class will be offered on March 6, 11 a.m. - noon in the Fellowship Hall, Chapel area, Bldg 2. Call ACS to sign up.

TODDLER PLAYGROUP SCHEDULE

CIV 02-717-9684

The most popular *New Parent Education & Support* program, Playgroup, is offered every Tuesday and Friday, 10 a.m. to noon at the Performing Arts Center, Bldg 4, ground floor. No sign up is required. Come have some fun with your kids and meet other parents!

CHILD AND YOUTH SERVICES CENTRAL REGISTRATION

CIV 02-717-9651

Please note our new operating days and times. We are open Mondays, Tuesdays, Wednesdays and Fridays, 9:30 a.m. - 5:00 p.m., Thursdays from 2:00 p.m. - 5:00 p.m. Registration for SAS and Middle School/Teen after school programs is ongoing at the Youth Center.

CHILD AND YOUTH SERVICES YOUTH SPONSORSHIP PROGRAM

CIV 02-717-9670

If you or someone you know is transitioning into or out of the Brussels Community, be sure to check out the CYS Newcomer's Club. Our goal is to help smooth the transition process for children in grades K-12.

ALL ABOARD FOR THE TEEN CENTER!

CIV 02-717-9651

Students 11 years and up (6th grade and above) with a valid U.S. ID card can ride the shuttle bus Monday through Friday (when school is in session) departing BAS at 3:10 p.m. with destination USAG Brussels CYS!

Youth Sports Program

DSN 368-9649; CIV 02-717-9649

Youth Services offers many great sports for your children to participate in, including basketball, flag football, soccer and softball.

Aikido Lessons

Thursdays, 4:30 p.m. - 5:30 p.m.

Aikido lessons provide an outlet for physical energy and develop coordination and control. The discipline increases confidence and self mastery. Registered CYS patrons in grade K-12 are eligible to take instruction from a 5th degree black belt master.

Piano Instruction

Think you might have a future Mozart at home? Registered CYS patrons in grade K-12 are eligible to take instruction from a qualified and experienced music instructor. The classes meet on Thursday afternoons. Contact CYS for details.

CYS Sports Award Ceremony

March 18, Time TBD

Celebrate our sport players and coaches in a special ceremony to recognize their participation and great contribution. Come one, come all!

KEYSTONE CLUB is currently not in operation... **We need a teen to help us organize this club for grades 9-12.** What about taking up the challenge? If you would like to volunteer, stop by and see the CYS Director!

CHILD AND YOUTH SERVICES BRUSSELS TORCH CLUB

CIV 02-717-9651

Join and participate in the junior leadership club which meets **the first Monday and third Wednesday of each month.** This club plans all the events, dances, trips and community service projects for the MST center. Earn volunteer and service hours for participating! Free snacks and prizes offered at all meetings.

SCHOOL AGE SERVICES (SAS) & MIDDLE SCHOOL TEEN CENTER (MST)

The SAS and MST centers provides a fun and learning environment for youth in grades K-12. Clubs include 4-H Cooking, 4-H Art, 4-H Technology, 4-H Pet Club, Boys & Girls Clubs Power Hour, homework assistance, and more! A nutritious snack is provided daily after school. Leadership clubs are available at both centers. So come on, join us!

CYS 4-H/BGCA Photo Exhibit

Three Star Lounge
March 18, Time TBD

CYS members of all ages, are encouraged to participate by bringing photos to CYS by March 1. Photos judged and selected at this local level will be sent to the European and American Exhibit.

Middle School Dance

Bring one bag of chips or a snack food to feed one family and you can join the fun at the Three Star Lounge on March 10, 8 p.m. - 11 p.m. It is party time for members in grades 6-8! Let our DJ's rock your world!

**Annual CYS Summer Camp**

Both SAS and MST centers offer interactive camp programs during the summer months. Camps last nine weeks and provide wonderful ways for youth to visit many exciting places in Belgium and Europe. Think ahead, plan ahead!

EDUCATION CENTER

Bldg 1, USAG Brussels
DSN 368-9704; CIV 02-717-9704

Please call the Education Center in advance for confirmation of dates, times and locations of the following events.

College Testing Schedule

March 8 and 22, 10 a.m. - 2 p.m.

Student Consultation

March 3 and April 7

Noon - 2 p.m.

The first Friday of each month, representatives of the Education Center are available for consultation at the U. S. Embassy Brussels Community Liaison Office as a service to Tri-Mission personnel.

French Language Headstart Class Lunch time classes!

March 6 - 17, Mon - Fri

10 a.m. - 1 p.m.

This is THE class to take if you wish to communicate in French. Topics include making small talk, eating out, shopping, household problems, emergencies and more! To register, call 02-717-9704 or email

Joseph.Heinlein@benelux.army.mil.

Dutch Headstart

May 8 - 19

9 a.m. - noon

Adapt to your new environment by learning the necessary language basics in Dutch!

Joint Community Action Team (JCAT)

CIV 02-717-9629

Formerly known as the "Family Readiness Group," JCAT at USAG Brussels serves our U.S. and Canadian service members, DOD of State civilians, our Host Nation employees and their families. JCAT provides community support through assistance and referrals, communication, awareness, community involvement and social activities. We welcome your comments and participation.

JCAT Volunteers Needed!

Please call the JCAT office for more information on how you can make a significant contribution to your community!

LIBRARY

Bldg 4, USAG Brussels
DSN 368-9791; CIV 02- 717-9791
Tue-Thu, 10 a.m. - 6 p.m.
Fri, noon - 7 p.m.; Sat, 11 a.m.- 5 p.m.
Sun, noon - 5 p.m.
Closed Mondays and Holidays

The library offers the Brussels Tri-Mission Community a modern facility with services comparable to public libraries in the United States. We offer the latest and greatest in books, magazines and audio visual materials such as videos, Cd's and cassette tapes. Browse our collections and programs for all ages and interest groups; reference, research and information assistance and access to the Internet. All members of the Brussels community are eligible to use the library free of charge.

Pre-School Story Hour

USAG Brussels Library, Bldg 4

Wednesdays, 11 a.m. - noon

Join Miss Charlotte every Wednesday morning to listen, learn and share the world of books and reading! The age range is 3 - 5 years of age. However, if your child is not yet 3, he or she may "audition" for a place on the reading rug. Please register in advance.



Homework Club

USAG Brussels Library, Bldg 4

Tue, Thur

4 p.m. - 5:30 p.m.

A joint effort between the library and CYS has created the Homework Club to assist students with their homework in a quiet environment. Children in grades K-6 are encouraged to be a part of this smart team!

OUTDOOR RECREATION

Bldg 4, Rm 303

DSN 368-9775 CIV 02-717-9775

Have you tried it? The USAG Brussels Outdoor Recreation Program is proud to present a new luxury touring coach: a 50-seater Setra-Mercedes bus fully equipped with reading lights, curtains, luggage rack, safety belts, water flush toilet, refrigerator, video, CD player, cassette recorder... and air conditioning. No excuse left! Come one, come all!

SPORTS & FITNESS CENTERS

Bldg 3, USAG Brussels
DSN 368-9667; CIV 02-717-9667
Mon - Fri, 5 a.m. - 8 p.m.
Sat, Sun, 9 a.m. - 4 p.m.
Holidays, 5 a.m. - noon

Low Impact Aerobics Classes

CIV 02-717-9500

Mon, Wed, Fri, 5:30 p.m. - 6:30 p.m.

Get Ready for the 20K of Brussels

Train with us or on your own, but join the USAG Brussels Team to run the 20K of Brussels on May 28!

The training program has already begun, but you can still join the group training. Don't delay! Contact Vincent at 02-717-9667 for training schedule and fees.

Run for Your Life Program

This program is designed to encourage fitness through running. Participants run at their own pace on their own time line and log their miles with the Fitness Center. Patches are provided to participants who meet the 100, 200, 300, 400, 500, 750 and 1000 mile markers. Individuals must be at least 18 years to participate.

MEDEX Training

Never done any fitness? Never used weight equipment? This is for you! Contact the Sports & Fitness Center to schedule an appointment for a one-on-one introductory training.

Personal Fitness Program

If your goal is to tone, lose fat, improve your health condition, train for a race or a special sport, don't wait any longer. Set realistic goals with your Sports Specialist. Call for a one-on-one personal fitness training program.



B.O.S.S Program

Contact your Special Events Coordinator at 02-717-9639. Calling all single Armed Forces men and women! BOSS aims to improve the overall quality of life of single service member's lives. It assists singles in planning recreation and leisure activities and gives them the opportunity to participate in and contribute to their community. Open to all branches of service. Get involved!

ARTS & CRAFTS CENTER

Bldg 2, USAG Brussels
DSN 368-9629; CIV 02-717-9629

NEW OFFICE HOURS!

Wed - Thu, 2 p.m. - 9 p.m.

Fri, 10 a.m. - 1 p.m.

Sat, 10 a.m. - 6 p.m.

Closed *Sun, Mon, Tue

*The Arts & Crafts center will remain closed on Sundays until further notice. We apologize for any inconvenience.

The Arts and Crafts Center offers a wide variety of services, instruction, gifts and craft materials for sale. Located on the first floor of Bldg 1, we offer group courses, individual classes for adults and children, framing and engraving services, as well as a stock of local and handmade gifts at excellent prices. Stop in to browse our collection of glassware, pewter, framed and unframed prints and ceramics works or to find out about upcoming classes.

Registration is required for all courses. You must register one week in advance. A non-refundable deposit is required for registration for all courses.

Gift Certificates

You can purchase gift certificates for classes, gifts and services, such as framing or engraving. Stop by the A&C Center for more information.

**NEW! Every Tuesday!****Scrap Booking Class & Scrapbook Club**

Class Fee: \$15.00 plus materials

Club Fee: \$5.00

The instructor will have materials for purchase as well as take orders for Creative Memories scrap booking items. Bring in your own photos to make your first page with the instructor.

Already a scrap booker? Join our club and have access to valuable tools and idea books. Plus, share and receive inspiration from other club members!

ARTS & CRAFTS CENTER**CERAMIC SHOP**

Saturdays

10 a.m. - 5 p.m.

WOOD SHOP

Multi Craft Center

Wed by appointment only

Sat 10 a.m. - 6 p.m.

WOODSHOP POWER TOOL ORIENTATION CLASS

Wednesdays, 2 p.m. - 6 p.m.

Sign up for the wood shop safety instruction and power tool instruction class. This class must be completed before using the Wood Shop. Class fee is \$11.00.

After the class, you may use the wood shop facility at a small charge of \$4/hr. Please call the center to make an appointment before heading to the shop.

Do-It-Yourself Framing

Thursdays

2 p.m. - 5 p.m., 6 p.m. - 9 p.m.

Cost for class including materials, backboard, glass and instructor's time is \$30.

AUTO CRAFT CENTER

Bldg 1, USAG Brussels

DSN 368-9743; CIV 02-717-9743

Wed, Thu, 10 a.m. - 2 p.m. and

4 p.m. - 8 p.m.

Fri, 8:30 a.m. - 5 p.m.

Sat/Sun, 10 a.m. - 6 p.m.

Closed Mon, Tue, Holidays

Motorcycle Automotive Classes

Wednesdays, 7 p.m. - 9 p.m.

Custom six week courses are available for \$45. Advance sign up required.

Automotive Classes for Dummies

March 8, 22, 29 and April 12, 26

6 p.m. - 8 p.m.

These classes are designed to show you general maintenance procedures and to explain the dynamics of your vehicle. Cost \$25. Advance sign up required.

DOD SHOW**RAGGS Kids Club Band**

Here is the chance for our Brussels Youth to have a show just for them!

April 13, 7 p.m. at the Three Star Lounge. RAGGS Kids Club Band's "Pawssuup Tour" was honored with two Emmy nominations; one in the Children's Entertainment Category and the other for Music Composer and Arranger from the National Television Academy MidSouth Chapter. Join the RAGGS Kids Club Band for an evening of music, fun and entertainment for the family!

AIR POST OFFICE (APO)

Bldg 2

DSN 368-9718; CIV 02-717-9718

Closes on Thursdays at 3 p.m.

APO "Express Mail" Cut- Off Times

These are established to ensure mail delivered before the cut-off time is properly loaded and manifested onto the outbound mail truck. All mail not meeting the cut-off time will be manifested the next business day. Please note the U.S. Embassy time is 9:30 a.m. NATO HQ cut-off time is 10:30 a.m. USAG Brussels/ NSA cut-off time is 11:30 a.m.

USAG Brussels Polo Shirts

Our navy blue polo shirts with our colored logo have arrived! We have five sizes available; small, medium, large, x-tra large and double x-tra large. They're on sale now for \$25 or 25 euro, Thursday, Friday or Saturday at the Three Star Lounge!

**Volunteers Needed!**

The Easter Egg Hunt sponsored by MWR at BAS is open to all of the Brussels community.

Volunteers are needed to help plan and work at the event. Help make this a memorable for everyone! Sign up and receive a free MWR T-shirt. For more information, please call 02-717-9639.

Easter Egg Hunt

Brussels American School

April 1, 9 a.m. - noon

This fun-filled event is brought to you by MWR, USAG Brussels. Entertaining games, crafts and theater will be available.

The Easter Egg Hunt begins at 9:15 a.m. For details on age groups and Easter Egg Hunt schedules, please call 02-717-9639.

THREE STAR LOUNGE

Bldg 1, USAG Brussels
DSN 368-9732; CIV 02-717-9732
Thu, 5 p.m. - 11 p.m.
Fri, 5 p.m. - 1 a.m.
Sat, 7 p.m. - 1 a.m.

The Three Star Lounge at USAG Brussels is open to all Tri-Mission ID cardholders. Minors are welcome during most activities when supervised by a parent or adult 18 years or older.

Movie Nights

Want some good Popcorn and a great movie? Join us every Thursday and don't be late... Movie starts at 7 p.m.

Family Nights

March 7, 11 and April 4, 11, 13
7 p.m. - 9 p.m.
Spend quality time together at the Three Star Lounge! Family, Food and Fun!

Friday Right Arm Nights

March 3 and April 7
Supervisors, come and show your staff how much you appreciate them! Every first Friday of the month at 5 p.m.

Dart Nights

Join us on March 3 and April 7,
9 p.m. to midnight.

Karaoke Nights

9 p.m. - midnight
Become a star on March 11, 17 and April 13, 21.

St. Paddy's Night!

March 17, 7 p.m.
Don't forget to wear green!

**Pool Tournament**

9 p.m. - midnight
March 17 and April 21

JACAT Flash Back Family Night

March 31
6 p.m.
How far back can you remember? Relive the past and your favorite dance moves as we spin music from the 60's, 70's and 80's.



Don't Become a Victim of Car Jacking

1. Leave several car lengths between your car and the car in front of you.
2. Drive in the center lane when possible, not at the curb.
3. When shopping, park as close as possible to the entrance in a well-lighted area.
4. When approaching your parked car, check the area; if you see something suspicious, don't go near it.
5. Act with certainty; know what you are doing. Most thieves select a victim who acts timid, frightened or unsure.
6. Keep your car keys separate from your other keys and have them ready for a quick entry.
7. Keep your car doors locked at all times. Keep the windows up.
8. If you are approached while you are in your car, lean on the horn to create a commotion until the danger passes.
9. If you get bumped from behind do not get out of your car. Signal the other driver to follow you. Go to the nearest police or fire station or some other area of safety where there are other people.
10. When riding in your car do not keep purses, cell phones or other valuables on the seat and visible through the window.
11. If you are pushed into your car try to escape out the other side and then move away from the car.
12. Avoid areas you know or feel are unsafe and when possible travel with a friend and don't be a hero. No property is worth your life.

Remember always be aware of your surroundings!

April Is Sexual Assault Awareness Month

There were 1,700 alleged sexual assaults investigated in the Military during 2004.

New to the community?

Available programs in the community open to newcomers that want to learn more about where they live and work:

Brussels Community

USAG Brussels Newcomer's Briefing This three-day workshop ensures a smoother transition for new arrivals and is offered quarterly. On day 1, key agencies will present a brief overview of their programs and answer your questions. On day 2, the NATO Health Clinic patient liaison coordinator will provide a tour of the Leuven Gasthuisberg Hospital and ACS will give you general information about Belgium. On day 3 the Director of the Delhaize in Kraainem will familiarize you with a local grocery store. If you are interested and would like to sign up for the next 3-day Newcomer's Briefing, please call ACS at CIV 02-717-9783. Also available for you at ACS in Brussels: individual Newcomer's Briefing (upon request). Includes a brief overview of key agencies' programs and practical information about Belgian customs and courtesies.

Metro Madness Class Learn how to use the public transportation system in Brussels, then participate in a field trip to put your newly learned knowledge to the test. Next outing is and March 24, 9:25 a.m. - 2:30 p.m. Call ACS at CIV 02-717-9783 to sign-up.

French HEADSTART A free 30 hour introduction to the French language and Belgian culture. Instructors are French native speakers. The course is mandatory for all USAREUR soldiers E1 to O5. Other active duty military and adult family members may attend on a space available basis and openings may be filled by any member of U.S./NATO community. There is no fee and a textbook is provided. Please call USAG Brussels Education Center at CIV 02-717-9704 for details and to reserve your space.

Job Information Board If you are looking for a job, the ACS Employment Readiness Program maintains a list of job vacancies in the region. Vacancies are posted on the Job Announcement Board, located next to the ACS Employment Readiness Manager's Office, Room 326 (Bldg. 4, top floor). Application forms and useful handouts are available through the ACS Employment Readiness Program. For more information call CIV 02-717-9783.

Relocation Lending Closet Useful items are available to borrow for those of you relocating and with household goods in transit. The ACS Lending Closet now has microwaves for in/outbound personnel, which can be checked out for up to one month. Please note we operate by appointment only. For details, contact CIV 02-717-9783.

JFC HQ Brunssum/Schinnen Community

Newcomer's Briefing and Newcomer's Orientation Learn about housing, local bill pay system, medical care, and everything there is to know in your new community at the Newcomer's Brief. After the brief go on a tour to explore activities at Schinnen, Treebeek, Brunssum, and at Geilenkirchen Air Base with other newcomers! The orientation includes giving driving tips, best routes, local history, finding things, shopping tips, "getting lost" prevention, historical sites and museums, restaurants, and more... The Newcomer's Briefing is offered every second and last Friday of the month from 9 a.m. to 3:30 p.m. For information and reservations, call CIV 046-443-7512.

Dutch HEADSTART This free language orientation course is open to active duty military, family members and anyone holding a military or NATO ID card (space permitting). Call the Education Center at CIV 046-563-6060/6041 or DSN 364-6060 to sign up.

Finding Employment Workshop Offered every Tuesday from 10 a.m. - noon to help with interviewing and preparing to find a new job. In the afternoon from 2 p.m. - 4 p.m., learn how to create a stunning resume and how to apply for government jobs with the hands on Resume/Resumix workshop. Sign up at CIV 046-443-7269.

Lending/Loan Closet Open Monday through Friday from 8 a.m. - 4:30 p.m., located at ACS, Bldg 39/43. Kitchen supplies, household items, and various baby supplies are available for community members during relocation. Contact ACS at CIV 046-443-7512.



AFAP Forum

As Far As Possible



Tues & Wed

14 & 15 March 2006

**8:30a.m. to 4:30p.m. at the
U.S. Army Garrison Brussels**

Do you have an issue or a suggestion on how to improve the quality of life in the Brussels Tri-Mission Community?

Look for the **BLUE** boxes and Issue Forms throughout the community, or submit your issues directly to ACS, USAG Brussels.

We are also looking for delegates to join our work groups at the forum. You can make a difference!

Deadline for both issue submission and delegate registration is Wed, 15 Feb 06

**For more information call ACS, USAG Brussels:
DSN 368-9783 / COM 02/717-9783**

Sponsored by:



The U.S. Army does not express or imply an endorsement of the sponsor, its products, or services.

ARMY COMMUNITY SERVICE

Bldg 318, SHAPE
DSN 423-532; 4 CIV 065-44-5324
Open Mon-Wed, Fri, 8 a.m.- 5 p.m.
Thu 8 a.m.- 3 p.m.
Closed SHAPE Holidays

RELOCATION OFFICE

Bldg 318, ACS, SHAPE
DSN 423-4332 CIV 065-44-4332

**Welcoming Everyone to Belgium
W.E.B. Office**

Hotel Le Maisières, Rm 126
DSN 366-6252; CIV 065-44-6252
Open Mon-Fri 9 a.m.- noon
Closed SHAPE Holidays

The vision of the W.E.B. office is to ease the transition for Americans relocating to Belgium. The W.E.B. office provides referrals, information, and most importantly, a friendly face and a warm hand of hospitality. Stop by the W.E.B. office and meet with other Americans in the area for support, communication and assistance.

Sponsorship and Welcome Packages

There are two different packages available for the Newcomer: The Sponsorship Package contains information about Belgium and SHAPE/Chièvres installations for Newcomers prior to their arrival. The Welcome Package contains useful information about the installation and the Mons communities.

Make the Right Move

Bldg 318, ACS, SHAPE
DSN 423-4332; CIV 065-44-4332

Are you prepared for your next PCS move? Attend this class on Wednesday, March 1 or April 5 at 2 p.m. and make this the best PCS move ever!

ARMY COMMUNITY SERVICE**USAG BENELUX Newcomers Briefing**

Hotel Le Maisières (across from the SHAPE Main Gate)
DSN 423-4332; CIV 065-44-4332

The Newcomer's Briefing is designed to assist active duty personnel, DoD civilians and family members by providing important information about the SHAPE/Chièvres community. The Newcomer's Briefing is conducted on the second Wednesday of the month, 8:30 a.m.- 3:00 p.m. at the Hotel Le Maisières Ballroom. It is mandatory for active duty military personnel, but family members and civilians are also welcome to attend. The next Newcomer's Briefings will be held on Wednesday, March 8 and April 12. A complimentary lunch and cookies are provided!

Sponsorship Training

This class is offered the first Wednesday of the month from 10 a.m.-11 a.m. in the ACS conference room. Sponsorship training helps sponsors to be more efficient by giving them tips such as assisting Newcomers with their in-processing, providing the human touch, welcoming, orientation, and settling in assistance. Next class is scheduled for Wednesday, March 1.

Cultural Adaptation Trip

Bldg 318, ACS, SHAPE
DSN 423-4332; CIV 065-44-4332
Explore Belgian culture! Take advantage of this opportunity to visit a warehouse and brewery in Brussels. Give ACS a call today for details on the next trip scheduled for Friday, March 11 or April 15, 9 a.m. - 5 p.m.

ARMY COMMUNITY SERVICE**Rendez-Vous with French!**

Hotel Le Maisières, W.E.B. Office
DSN 423-7598; CIV 065-44-7598

Looking for some basic French language skills or want some insight into the Belgian culture? What is appropriate and inappropriate to say and do? Where can you find the best language classes? Let ACS help you with this free class for beginners, offered once a month. Next classes are scheduled for March 14 and April 18, 9:30 a.m.- noon. Registration required.

Take the Bus

Join us for an educational experience and learn how to use the local bus system. The trip is offered March 9 and April 13 at 1:30 p.m. Point of departure is Hotel Le Maisières. Sign up today. The whole family is welcome!

Great Job Opportunities
at Chièvres!

Go the following website
www.cpol.army.mil

Or for AAFES
<http://www.aafes.com>

Or for the Commissary
<http://jobsearch.usajobs.Opm.gov/>

Take The Train - The whole family is welcome!

HEURE	DESTINATION	NATURE	VOIE	REM.
21:45	BRUXELLES - LIEGE-BUIL	IC	4	
21:55	QUEVY	IR	3	
22:00	CHARLEROI-SUD	IR	5	
22:02	TOURNAI	IR	1	
22:07	BRUXELLES - AEROPORT	IR	4	
22:17	QUIEVRAIN	IC	3	
22:28	CHARLEROI - NAMUR - LIEGE	IC	2	
22:32	BRAINE-LE-COMTE	L	6	

Bldg 318, ACS, SHAPE
DSN 423-4332
CIV 065-44-4332

The Belgian train system is well developed and can be the easiest way to travel in and out of Belgium. "Take the Train" is a living experience and gives you the opportunity to learn how to use this great transportation system. The trip is offered Saturday, March 11 and April 15, 8:30 a.m.- 3:45 p.m. Sign up today.

CHILD AND YOUTH SERVICES**Central Registration (all youth)**

Bldg 209, SHAPE

DSN 423-3874/4328

CIV 065-44-3874/4328

Open Mon-Thu, 8 a.m.- 5 p.m.

Fri, 8 a.m. - 3 p.m.

Annual membership fee and registration are required for youth to participate in CYS programs and services. In order to register, youth must bring a recent health assessment and immunization record.

Registration for Session V**April 18 - June 16**

First enrollment

March 6 - 17

Second enrollment

March 20 - 24

Dance

Jazz (ages 8 & up)

Hip Hop (6 & up)

Tap Dance (7 & up)

Ballet (6 & up)

Irish Dance (7 & up)

Music

Cello (7 & up)

Violin (7 & up)

Guitar (7 & up)

Music Theory (6 & up)

Piano (5 & up)

Youth Orchestra

(3 years prior experience required)

Language

French (6 & up)

Sports

Judo (ages 6 & up)

Tae Kwon Do (5 & up)

Mommy and Me Swimming*

Swimming (4 & up)

Tennis (6 & up)

Bowling (5 & up)

Horseback Riding (4 & up)

Mommy and Me Gymnastics*

Gymnastics (4 & up)

Mommy and Me Dance *

Early Childhood music (2-4)

* Mommy and Me classes are for children 2 and 3 years of age with a participating parent.

Sports Office

Bldg 503, SHAPE

DSN 423-5856; CIV 065-44-5856

Open Mon - Fri, 8 a.m.-5 p.m.

Closed SHAPE holidays

A current health assessment and immunization record, and CYS membership is required in order to register for sports programs.

Spring Sport Season**Mid-March through June 10**

Registration Dates

Soccer- Feb 6 - March 10

Baseball- 6 Feb - 17 March

Track and Field - March 20

**Coaches, Refs,
& Players
Get In The Game!**

Spring Starts at Child & Youth Services!



Oil up your gloves and get ready for a great baseball & softball season at SHAPE, CYS!

Call CYS Registration for details DSN 423-3874 or 423-5856

Baseball & Softball

Child Development Center (CDC)

Bldg 616, SHAPE

DSN 423-4810/5618

CIV 065-44-4810/5618

Mon - Fri, 7:30 a.m. - 6:30 p.m.

Hourly Care

(available when school is in session)

Mon - Fri, 8:30 a.m.- 5:30 p.m.

CDC offers child care for children six weeks to five years of age.

Middle School Center

Bldg 503, SHAPE

DSN 423-5789/5635

CIV 065-44-5789/5635

Mon - Fri, 3:30 p.m. - 6:30 p.m.

School holidays:

Mon - Fri, 1 p.m. - 6:30 p.m.

Teen Center

Bldg 503, SHAPE

DSN 423-5711/5610

CIV 065-44-5711/5610

Mon - Fri, 3:30 p.m. - 6:30 p.m.

School holidays

Mon - Fri, 1 p.m. - 6:30 p.m.

The Middle School and Teen Center offer many activities such as: scheduled dances, lock-ins, movies, Newcomer's Club, Boys & Girls Club programs, computer lab, homework assistance, and a variety of self-directed activities. Generally the activities are free, but in certain cases a small fee may be charged for specific programs or instructional classes.

School Age Services (SAS)

Bldg 602, SHAPE

DSN 423-5980/5982

CIV 065-44-5980/5982

Mon - Fri, 7:30 a.m. - 6:30 p.m.

SAS offers out-of-school activities for children grades 1-5. Before and after school care options are also available and a variety of programs are offered from computer to homework lab, Newcomer's Club, and more.

SHAPE American School Update

Terra Nova Standardized testing for grades 3-11 is coming the first half of March. Please remember that these testing days are important days for your students to be at school all day, if possible. Please consider this when scheduling appointments for your children in March.

Springtime brings break time for our schools. Vacation dates to plan for are: Pre-Lenten Recess, February 27 - March 3 and Spring Recess, April 13 - 17.

Students will also be off on April 17 for Teacher Record Keeping Day. Be sure to check the school websites regularly for important information, including parent newsletters and School Advisory Committee minutes. Up to date information, calendars, sports, events, etc., can be found at: www.shap-es.eu.dodea.edu and www.shap-hs.eu.dodea.edu.

ARMY COMMUNITY SERVICE

Bldg 318, SHAPE

DSN 423-4352; CIV 065-44-4352

ACS Volunteer Program

The Army Community Service (ACS) needs YOU as a volunteer member of our staff. Being an ACS volunteer offers great benefits such as flexible hours and job training. Volunteers are always needed to support ACS staff with photocopying, sending faxes, filing, data processing, and other general office requirements. Volunteers with business machine skills or those interested in learning these skills are encouraged to join our volunteer staff.

The Annual Volunteer Celebration Ceremony

SHAPE Events Centre

18 April, 3:00 p.m.

The Annual Awards ceremony for the SHAPE/Chièvres volunteers is open to the entire community. Awards are given for Star Volunteer, Youth Volunteer of the Year, International Volunteer of the Year, Volunteer Family of the Year, Military Volunteer of the Year, and Volunteer of the Year (family member or civilian). Anyone in the community can make a nomination for an award. This is your opportunity to show your community volunteers how much you appreciate everything they do for you. Your programs and activities could not happen without your volunteers. Take this opportunity to show your volunteers your gratitude.

ARMY COMMUNITY SERVICE**Employment Readiness Program**

Bldg 318, Rm 118, SHAPE

DSN 423-4904; CIV 065-44-4904

Job Opportunities Workshop

Learn where to find jobs in the Benelux community and how to apply for them. Bring your resume and have it updated or find out how to load it onto Resumix. Workshops are held every Wednesday morning from 9 a.m. to noon. Open to all U.S. ID cardholders and their spouses who are ready to seek employment. Pre-registration is required.

Return and Reentry Class

Offered Tuesdays at 10 a.m. for all service members recently returned from deployment.

Anger Management Course

When life seems overwhelming and you feel you are at a breaking point, give ACS a call and join a four session class held once a week on Tuesdays, 9 a.m. - 10 a.m. This life skills class is designed to work with families and individuals to strengthen family relationships and to prevent child and spouse maltreatment. Upcoming sessions: March 7 - 28 and April 4 - 25.

Family Advocacy Program (FAP)

Bldg 318, SHAPE

DSN 423-5263; CIV 065-44-5263

Free classes! 9:30 a.m. - 11:30 a.m.
Registration required.

Stress Management

March 1, April 5, May 3

Learn stress management techniques that you can apply to your life to reduce stress overload!

Domestic Violence Awareness Training

March 8, April 12, May 10

Learn the signs and symptoms, different forms of violence, safety plans, the Lautenberg Law and transitional compensation.

Building Self-Esteem in Your Children

March 15, April 19, May 17

Learn how to develop positive feelings of self-worth in your children.

ARMY COMMUNITY SERVICE**Signs and Symptoms of Child Abuse**

March 22, April 26, May 24

Learn about the signs and symptoms, different forms of violence and how to report possible child abuse cases.

Sexual Assault Prevention and Response Program (SAPRP)

DSN 423-7593; CIV 065-44-7593

The SAPRP reinforces the Army's commitment to eliminate incidents of sexual assault throughout the U.S. Army. Contact the SAPRP representative to schedule your mandatory training.

Unit Victim Advocate (UVA) Training (Class I)

DSN 423-7593; CIV 065-44-7593

These mandatory classes train appointed UVA's to assist victims of sexual assault. Next class is scheduled for April 4, 8:30 a.m. - 5:00 p.m. at the SHAPE/ACS Conference Room.

Community Training Prevention of Sexual Harassment (POSH) and Sexual Assault Prevention and Response Program (SAPRP)

This training is provided to military members and civilians regarding the prevention and understanding of sexual harassment and sexual assault by using trained role players. These classes meet the mandated requirements for POSH and the SAPRP Training. Next class is scheduled on April 27 at 8:30 a.m. at the SHAPE Entertainment Center.

Transition Assistance Program (TAP)

The TAP program includes a pre-separation briefing and a transition assistance workshop for military service members and their families as they transit from the service. The workshop will cover topics such as interviews reviewing job offers, support and assistance, career exploration and more!

SHAPE/Chièvres Feb 28 - Mar 2
DSN 423-4904/5324

Brussels Mar 28- 30
DSN 368-9735



Pick-up the latest
copy of the
Meteor Herald!

ARMY COMMUNITY SERVICE
Financial Assistance Program
(FAP)
 DSN 423-3824

Saving and Investing

March 17, 24 and April 21, 28
 1:00 p.m. - 2:30 p.m.
 Registration is required.

How to Become a Millionaire
on Military Pay

March 21, 28 and April 25,
 9:00 a.m. - 10:30 a.m.
 Registration is required.

Army Emergency Relief (AER)

The AER office provides financial assistance to soldiers and their family members in time of valid emergency. The AER office also provides emergency assistance for other services through their relief agencies. If you are not near a military installation, soldiers can receive assistance through a local American Red Cross Chapter.

New Parent Education and
Support Program (NPESP)

DSN 423-3321; CIV 065-44-3321

This program is available to all U.S. military and civilian families expecting or with children, newborn to three years old. If you are expecting or have just recently welcomed a new member to your family, please stop by ACS and see us. We have a free gift for you and would like to introduce ourselves to your new bundle of joy! Services offered include: Information and referral, home visitation, education on topics relating to maternity and childbirth, parenting classes, playgroups, breast-feeding and much more. The following classes are held at the SHAPE Healthcare Facility in the Social Services conference room. Registration is required.



Infant Massage Class

Thursdays, 11 a.m. - noon.
 Come to the infant massage class and discover new techniques to calm your baby.

Everyone is welcome!



American Forces Team Building

14 Mar, noon - 3 p.m.
 Making the Most of Your Minutes

29 Mar, noon - 1 p.m.
 Working Lunch Series:
 Group Dynamics

10 Apr, 9 a.m. - noon
 Military 101

26 Apr, noon - 1 p.m.
 Working Lunch Series:
 Building a Cohesive Team

16,17 May, 10 a.m. - 4 p.m.
 Level I AFTB

31 May, noon - 1 p.m.
 Working Lunch Series:
 Motivating Factors

13 - 15 June, 9 a.m. - 5 p.m.
 Level II AFTB

28 June, noon - 1 p.m.
 Working Lunch Series:
 Conflict Management

All classes will take place in the
ACS Community Conference Room,
2nd floor of Bldg 318, SHAPE
(AFN Building).

Learn, Grow, Lead...
With AFTB

ARMY COMMUNITY SERVICE

Playmornings

DSN 423-4274

You and your children, newborn to five years of age, are invited to play in our playroom located on the second floor of ACS on March 14, 16, 28 and April 4, 11 at 9:00 a.m.

Breast-feeding Support Group

DSN 423-5971/4274.

Are you making the decision whether to breast-feed or not? Get the advice and support you need. Group meets on March 21 and April 18, 10 a.m. - 11 a.m.

ARMY COMMUNITY SERVICE

Educational & Developmental
Intervention Services (EDIS)

Get a jump on development. If you have questions about how your child talks, behaves, moves, plays, sleeps, eats, or will do in school, contact EDIS (for newborns to 35 months) at 065-44-5931 or the Brussels American School (for children ages six months and older) at 02-717-9552.

AMERICAN FORCES TEAM
BUILDING (AFTB)

Building 318, Room 222, SHAPE
 DSN 423-5425; CIV: 065-44-5425
 FAX: 065-44-4896
 Email: Aftbfamily@benelux.army.mil
 Website URL:
www.armyfamilyteambuilding.org

A volunteer-led program designed by military spouses. AFTB provides training and knowledge to individuals who want a better understanding of the military and its mission; who would like to improve on their personal and professional skills; and who would like to build on their leadership abilities.

AFTB classes offer a FUN way to learn more about the military lifestyle, build upon your current skills, or add new ones.

Who Can Attend?

- Spouses
- Soldiers
- DA Civilians
- Retirees
- Contractors
- Host Nationals



Teen AFAP happens 7 March
SHAPE, Bldg #318

2006 Annual AFAP Conference

Thank you for your participation in this year's AFAP conference. We had a wonderful turnout and discussed many important issues that effect our daily lives. We look forward to making improvements in our community with the suggestions you have provided. We couldn't have done it without you!

BENELUX FINANCE OFFICE

Points of Contact BENELUX Finance Offices:

SHAPE Finance Office: 423-4098

Brunssum Finance Office: 364-2839

Brussels Finance Office: 368-9732

SHAPE Cash Cage Hours Mon-Fri, 9 a.m.- 4 p.m.

NEW OHA, FSH, BAH-II/BAQ AND OCONUS COLA RULES EFFECTIVE OCTOBER 1, 2005

1. New rules are currently available on the Per Diem Committee Website (<https://secureapp2.hqda.pentagon.mil/perdie>) under JFTR Immediate Changes, Item 6-05 (<http://141.116.74.201/regs/Immediate/UTD6-05.pdf>)
2. BAH-II/BAQ disappears as a component of OHA.
3. If you are a sharer, make sure your rental lease is on file. Without the rental lease, you will not be paid any OHA since BAHII/BAQ disappears as a minimum payment for OHA. The rent portion of OHA is driven by the lease.
4. On and after October 1, 2005, the automatic continuation of OCONUS COLA and OHA for 60 days after the member departs and overseas station, and when the new duty station is in CONUS, when dependents remain at the old station, is eliminated. OHA, or BAH in Alaska or Hawaii can be continued when approved by the secretarial process, but there is no legal authority to continue OCONUS COLA. Necessary legislation is in the works to provide authority to continued COLA. However, until the legislation is approved, OCONUS COLA must stop when the member departs the PDS for a PCS to CONUS.
5. There is no authority for an up-front lump sum MIHA or OHA unless a member is authorized to live in private sector leased/owned housing, the member completes an individual overseas housing allowance (OHA) report (DD Form 2367) and that report is approved.
6. A member's dependents at an OCONUS location must be Command Sponsored for the member to be eligible for OCONUS COLA at the WITH Dependents rate.
7. There is no longer a requirement for dependents at OCONUS location to be Command Sponsored for a member to be eligible for OHA at the WITH-Dependents rate.

MilitaryONESource is providing TurboTax Online to military members at no cost! Log on to www.militaryonesource.com.

SHAPE TAX CENTER

Free Income Tax Preparation and Electronic Filing

What You Need

U.S. ID Card

Social Security cards for every name on tax return

W-2's and any other income statements (e.g., 1099)

Copy of last year's return

Location and Hours

Northern Law Center (SHAPE Building 318, Rm. 207)

Open through June 30

Monday through Friday, 7:30 p.m. - 5:30 p.m.

Appointments recommended for complicated returns

**For more info or to make an appointment, call DSN: 423-4906/4868
CIV: 065 44 4906/4868**

The University of Oklahoma Spring/Summer Schedule

Course	Dates	Drop Date
Non-Verbal Behavior	April 18 - 23	March 20
Research in Human Relations Core Requirement for HR Degree	30 May - June 4	May 1
Group Counseling in Human Relations	July 18 - 23	June 19

Visit our web page www.goOU.ou.edu for more information.

SHAPE EDUCATION CENTER

Bldg 212, Rm 130, SHAPE
DSN 423-3466
CIV 065-44-3466
Open Mon - Fri, 8 a.m. - 5 p.m.

HEADSTART - French

March 20 - 31, April 18 - 28
HEADSTART is a free 30 hour language and culture introduction class held monthly at the Education Center. Instructors are native speakers of the language being taught. Reservations for any of the course dates listed are recommended.

Computer LAB

The SHAPE Education Center Computer Lab is open five days a week. We provide you with websites for online diagnostic tests for CLEP, SAT, ACT, and GRE, websites for financial aid and more.

eArmyU Program

Not sure if distance learning is for you? Come to SHAPE Education Center and take the online PReP Assessment test. The test will evaluate your technology skills, study habits, and time management skills. Results of the test are available immediately for review and interpretation. Free e-learning courses are recommended if any skills deficiencies are identified. This test is available only to Army personnel.

Strong Interest Inventories

Looking for a perfect match between your interests and a satisfying career? Let Strong Interest Inventories help you find the right path. Composed of over 300 questions, Strong provides an in-depth assessment of your interests among a broad range of occupations, work and leisure activities, and educational subjects. Strong Interest is taken online at the SHAPE Education Center. No appointment is necessary.

SHAPE EDUCATION CENTER**Microsoft Examination**

One free Microsoft Examination is available to service members! Obtain an exam voucher as soon as possible by contacting your Education Counselor. Once you obtain a voucher you will have two years to take the exam. Exams can be taken in Belgium or the United States. Vouchers are going quickly so contact your Education Counselor without delay.

OVERSEAS CONTRACTED UNIVERSITIES AND COLLEGES**UNIVERSITY OF PHOENIX**

DSN 423-4645
Start earning your degree today! University of Phoenix offers graduate degree programs in Business Administration, Arts in Education/ Curriculum and Instruction, Arts in Education/Administration, and Supervision, Arts in Education/ Teacher Education (Elementary and Secondary). Visit us at the SHAPE Education Center, go online at www.uopxoverseasmil.com, or contact your local field representative.

CENTRAL TEXAS COLLEGE (CTC)

DSN 423-7447
Central Texas College offers Associate's degree programs in a variety of Vocational Technical fields. We have classes at SHAPE and Brussels. Distance learning is also available for those who prefer taking classes online. Contact your local CTC representative to enroll or visit the CTC website at www.europe.ctcd.edu

OVERSEAS CONTRACTED UNIVERSITIES AND COLLEGES
UNIVERSITY OF MARYLAND UNIVERSITY COLLEGE EUROPE (UMUC)

DSN 423-5173

The mission of the Maryland programs in Europe is to provide academic programs to members of U.S. military communities throughout the European Command. The goal is to make those programs accessible to students who already have substantial commitments to careers and families. Through the undergraduate and graduate programs offered, members of the military services and civilians overseas can take individual classes for personal enrichment or pursue a program of course-work leading to a certificate, associate's degree, bachelor's degree, or master's degree. Learn more by visiting www.ed.umuc.edu, see your local representative at the Education Center or e-mail: shap@fieldrep.ed.umuc.edu.

UNIVERSITY OF OKLAHOMA - OU

DSN 423-3654 (SHAPE)
DSN 364-6003 (Treebeek)
DSN 458-6098 (Geilenkirchen)
E-mail: apshape@ou.edu
A degree from the University of Oklahoma symbolizes a high quality education and OU's dedication to excellence. In 1964, the University began serving the educational needs of the United States Armed Forces. Today, thousands of men and women have completed their degrees; you too can experience the tradition and heritage of a higher education offered by OU. Earn your Masters in Human Relations and/or a Masters in International Relations. Degrees are in an intensive format, requiring 36 semester hours. There is no thesis or admissions test required. Admission is based on your undergraduate GPA. Contact your local field representative at e-mail apshape@ou.edu or visit our web page www.goOU.ou.edu or www.goOU.ou.edu/europe/shape.htm for more information.

Yellow Ribbon Families Group
Meet every Tuesday from 9-10 a.m.
in the ACS Yellow Ribbon Room
DSN 423-4332 CIV 065 44-4332



SHAPE LANGUAGE CENTRE-SLC

Bldg 211, SHAPE
DSN 423-497; CIV 065-44-4971
Open Mon - Fri, 8:30 a.m. - 5 p.m.
Classes Mon - Fri, 9 a.m. - 8:30 p.m.
Closed on SHAPE Holidays

Open to SHAPE ID cardholders 16 years and older. Courses are offered in two sessions (September to January and February to June) in the two NATO official languages – English and French. Danish, Dutch, German, Greek, Italian, Polish, Portuguese, Spanish, Turkish, and Russian are also taught. English and French classes are held during working hours, and an evening program is offered to allow staff members to attend. Classes in the other languages run during lunch times. The Centre has a small language laboratory and library with free access for all SLC students.

CHIÈVRES AIR BASE LIBRARY

Chievres Air Base (CAC)
DSN 361-5767; CIV 068 27-5767
Open Tue - Fri, noon - 6 p.m.
Sat 10 a.m. - 5 p.m.
Closed Sundays, Mondays, and Holidays

The Chièvres Library is now online and automated! We have joined the Army Europe Libraries' (AEL) European Library General Information System (EGLIS). Stop in to see our exciting new changes and check-out our growing collection of over 10,000 books, including new bestsellers, current release DVDs, videotapes, audio books and language tapes. The staff is available to assist patrons with book recommendations as well as to provide reference service through the many AEL online databases and journals. Internet access is available on five modern workstations and limited photocopying service is **free**.

CHIEVRES AIR BASE LIBRARY**Story Time**

CIV 068-27-5767
chievreslibrary@benelux.army.mil
Our Story Time goal is to help toddlers and preschoolers learn to pay attention in a social setting for an extended period (roughly 30 min) while they make new friends, enjoy wonderful stories from our collection and make a fun craft. Help your children learn to love reading. Story Time is offered every Thursday from 4:30 - 5 p.m.

SHAPE INTERNATIONAL LIBRARY

Bldg 307, Community Activity Center, SHAPE
DSN 423-5631; CIV 065-44-5631
Open Mon - Wed, 9 a.m. - 8 p.m.
Thu - Fri, 9 a.m. - 6 p.m.
Sat, 10 a.m. - 5 p.m.
Closed Sundays and SHAPE Holidays

The SHAPE International Library is a multi-purpose facility serving as a lending library, reading room, cultural center, an art gallery and a computer center where patrons can access electronic information sources such as the Internet, CD-ROM programs and utilize word processing software. A library card is required to check out library material and to use the computers. There is no charge to register for a library card, however, there is a small charge for copies.

Library Gallery

As a special feature and to expand cultural awareness, the library hosts art displays by different local artists each month. Come in to view the beautiful and creative art shows.

SHAPE INTERNATIONAL LIBRARY**Book Discussion Group**

This fabulous book club, known as the "Page Turners" meets at 5:30 p.m. every third Wednesday of each month. New members are always welcome. Next meetings will be on March 15 and April 19.

Preschool Story Time

Tuesdays at 10 a.m. at the SHAPE International Library.

Lap Sit

The SHAPE International Library brings parents and toddlers together with a program called Lap Sit. The program is for toddlers up to 24 months and is held Wednesdays from 10 a.m. - 11 a.m.

Lap Sit

Children's Story Hour

0 to 24 months

**SHAPE International Library
Wednesday's at 1000**



CHANGE YOUR WORLD @ YOUR LIBRARY

National Library Week April 2-8

...one of America's oldest institutions that helps us not only keep up, but grow...is your library. Libraries have always been part of the American dream; places for education, self-help and lifelong learning. With free resources like books, magazines, CDs, Internet access and databases, libraries help people find new jobs, do better in school, tackle projects and learn new languages. Librarians teach people how to find and use information so they can succeed in today's information age... Libraries help keep (our communities) educated and vibrant. Our libraries... keep us connected, providing space for people of all ages, classes and races to come together and keep up with world events or research where to volunteer locally. This week communities across the country celebrate National Library Week, reminding the public about the valuable contribution of our libraries, librarians and library workers. As the world changes, endless opportunities await you. Visit your library and find out how you can change your world @ your library. This document was provided for libraries by the American Library Association. @ Your library

COMMUNITY RECREATION**Community Activity Center (CAC)**

Hangar 4, Chievres Air Base
Fitness Center & Library are also
located in the CAC.
DSN 361-5506; CIV 068 27-5506
Chievresactivitycenter@benelux.army.mil

We have regular scheduled activities in our gym and community room along with special events and functions. Please see our posted schedule on the Sports and Fitness Board. As soon as we know our regular schedule will be interrupted, we will post the changes. The CAC is also available for private and official functions to include a variety of events such as birthday parties, bazaars, traditional holiday observances, etc.

COMMUNITY RECREATION
Fitness Center

Chievres Air Base, CAC
DSN 361-5643; CIV 068 27-5643
Open Mon - Fri, 6 a.m.- 9 p.m.
Sat, 10 a.m.- 7 p.m.
Sun, 10 a.m. - 5 p.m.
Call for Holiday schedule.

Fitness Center Orientation

First time here? Aren't sure what to do and how is the equipment set up? When is the best time to workout or how does the TV channel get changed? Heard we have a sauna, an indoor and outdoor running track, and extra locker rooms? So we don't forget anything, we have organized a tour of 45 uninterrupted minutes to familiarize you with our facility, services, programs, and equipment. We're happy you're here and we're here to serve you!
Get off on the right foot and sign up for a fitness center orientation

offered every
fourth Thursday
of the month.
If you can't
make it to the
tour, we're still
here to answer
all your
questions.

COMMUNITY RECREATION
Fitness Center**W.O.W. - Women on Weights**

Tuesdays and Fridays
9:30 a.m. - 10:30 a.m.
Class will be limited to eight people.
You must sign up at the Fitness
Center Desk.

YOGA for EVERY BODY

Tuesdays and Thursdays
10:30 a.m. - 11:30 a.m.
Increase your flexibility, increase
your endurance and strength AND
unwind! Available for all fitness
levels.

The Baby Buggy Brigade

Mon, Wed, Fri
10:30 a.m. - 11:30 a.m.
You're ready to go...the little one
(or ones) are bundled up in the
stroller and you're all going out for
some much needed exercise...
but we're in Belgium...and it rains
a lot... a whole lot. We have an
indoor track! Led by one of our
Fitness Center Staff, we invite you
to push that baby and buggy around
our indoor track three times a week.
We will also have optional
strength/toning stations set up
around the track for you to stop at
along the way (baby permitting,
of course).

**Freedom of Choice by Stacy Nixon**

Choice. Variety. Options. No matter how you phrase it, it all comes down to one thing; Freedom of choice.

With the Grand Opening of the SHAPE Event Centre (SEC) SHAPE ID cardholders now have the freedom to choose where you want to hold your next event. Formerly the IC Club, the SEC's rooms of different sizes and varieties are available for rent. Whether you're interested in having a birthday party for thirty people, a formal gala for 200 or a social gathering utilizing the pool table and dart boards, the new SEC offers five unique spaces for you and your guests to enjoy your private party or official event on most days of the week. For added versatility, catering is offered by the SEC or you can make your own arrangements for your culinary needs.

The Community Activity Center (CAC) at Chievres Air Base also offers a versatile facility for events available to ID cardholders with access to the Air Base. With the exception of formal activities, the CAC is the perfect venue for team building, training, official and private functions for up to 200 people and children's birthday parties. "With a fully equipped kitchen, the community room is the ideal solution for meetings and executive luncheons, coffee service, team breakfasts, a staging area for squadron holiday luncheons or pot luck(s)," states Peggy Ryan, Facility Manager of the CAC. You are welcome to bring in your own food and alcohol. All or portions of the CAC hangar is available for rent for your special day.

While both facilities offer great amenities such as bouncy castle rentals and grills, the CAC also offers the rental of sumo suits, tents, fest table sets and a dunk tank.

So where will you have your next event? You are free to choose!

For more information on SEC room reservations, catering and equipment rental, please call Danielle Young or Tammy Oluvic at DSN 423-5129/5594.

For more information on Chievres CAC room reservations and equipment use/rental, please call Peggy Ryan at DSN 361-5506.

HEALTH AND WELLNESS

SHAPE Health Care Facility,
Conference Room
DSN 423-5044; CIV 065-44-5044

ATHLETICS PROGRAM

Bldg. 313, SHAPE
DSN 423-5325; CIV 065-44-5325

The Main Gym has an extensive program that includes cross-country runs, soccer, cricket, badminton, swimming, rifle/pistol competitions. Please inquire about special events such as softball, volleyball, baseball tournaments. The facilities offers basketball, volleyball, badminton, squash, racquetball and handball courts, a 25 meter indoor swimming pool, aerobics studio, fitness suite, saunas, free weights, outdoor fields for soccer, football, rugby, baseball, softball, cricket, and tennis.

**Indoor Pool Operating Hours
Lane Swim**

Mon - Fri
6:30 a.m. - 8 a.m.
11:30 a.m. - 1:15 p.m.
5:30 p.m. - 7 p.m.

Family/Open Swim

Sat and Sun 10 a.m. - 3:30 p.m.

Green Gym

DSN 423-5156; CIV 065-44-5156
Mon - Fri, 6 a.m. - 9 p.m.
Sat, Sun, SHAPE Holidays
10 a.m. - 4 p.m.

Mommy and Me Fitness

Mon - Fri, 9:30 a.m. - 11:30 a.m.
Fitness Suite

Monday**Dancercise**

9:30 a.m. - 10:30 a.m.
6:00 p.m. - 9:00 p.m.

Spinning

7:15 p.m. - 8:30 p.m.

Tuesday**Just Step**

9:30 a.m. - 10:30 a.m.

Pure Step

5:50 p.m. - 6:50 a.m.

H2O Aerobics

7:00 a.m. - 8:00 a.m.

Wednesday**Spinning-Indoor Cycling**

6 p.m. - 7 p.m.

Thursday**Body Sculpt**

9:30 a.m. - 10:30 a.m.

Step and Tone

6 p.m. - 7 p.m.

Spinning

7:15 p.m. - 8:30 p.m.

Friday**Aerobics**

9:30 a.m. - 10:30 a.m.

ATHLETICS PROGRAM**Fitness Classes**

DSN 423-4247/3945
CIV 065-44-4247/3945

Fitness Class Fees

The cost for all fitness classes are:

5 classes for €18,
10 classes for €33,
15 classes for €43.

Tickets for the classes can be purchased in the Main Gym checkout. Newcomers may try one class for free.

**WOMEN, INFANTS &
CHILDREN OVERSEAS
(WIC Overseas)**

Provides nutrition education
and more for pregnant
or nursing mothers.
CALL FOR MORE DETAILS

DSN 423-5971;
CIV 065-44-5971
Open Tue, Wed, 8 a.m. - 5 p.m.
Thu, 1 p.m. - 5 p.m.

CIRCUIT TRAINING

Mon, Wed, Fri 12:30 p.m. - 1:30 p.m.
Never a fee! Pay in sweat and tears!

Other SHAPE Main Gym Activities

DSN 423-3195
Volleyball
Soccer
Softball
Unit level basketball
Community basketball
Shape Seals

SHAPE Community Level Sports

DSN 423-8007/3993
CIV 065-44-8007/3993
Men and women's softball

SHAPE Fun Run

DSN 423-8007; CIV 065-44-8007 .
Don't get left behind! Join us the
last Tuesday of every month at
12:30 p.m.

**OUTDOOR RECREATION
CENTRE**

Bldg. 307, SHAPE
DSN 423-5380; CIV 065-44-5380
Open Mon - Fri, 10 a.m. - 4 p.m.
Closed Sat, Sun, and
SHAPE Holidays.
Stop by and pick up a price list!

The Outdoor Recreation Rental Centre offers a wide variety of outdoor recreation equipment and has everything you need for outdoor activities. Stop by and pick up a complete listing, for every recreational event you are planning, whether it is for your friends, family or your unit. Items available are ski equipment, mountain bikes, camping gear and heaters, tables, canopies, lawn sport equipment, large inflatable party entertainment items, grills, and super cookers.

SHAPE AUTO SKILLS CENTRE

Bldg. 314, SHAPE
DSN 423-4693; CIV 065-44-4693
Open Tue -Thu, noon - 8 p.m.
Fri, noon - 6 p.m.
Sat 10 a.m. - 6 p.m.
Closed Sun, Mon and SHAPE
Holidays.

Keep your vehicle in peak running condition and save money by taking advantage of all the tools and facilities available. The Auto Crafts Shop offers 14 work areas and four lifts with tools available to use for the simplest to the most complex automotive repairs.

Qualified mechanics can assist you and lend a hand if needed. The services available include wheel balancing, head light adjustment, oil-changing, pre-Contrôle Technique (CT) inspections, and much more.



Bldg. 20105, Chièvres AB
March 16, 1:30 p.m.

All newly appointed Building Fire Wardens are required to attend.

SHAPE BOWLING

Bldg. 502, SHAPE
DSN 423-5697 CIV 065-44-5697
Mon - Thu, 11 a.m.-11 p.m.
Fri- Sat, 11 a.m. - 1 a.m.
Sun noon - 11 p.m.
SHAPE Holidays, noon-11 p.m.

LEAGUES

The Pizza Bowl is a 12-lane bowling center which provides services for 11 leagues, consisting of a large youth program, men's, women's, and mixed bowling. If you are not in a league, come and see all the fun and excitement that we have in store for you!

BOWLING BIRTHDAY PARTIES

Try the Pizza Bowl for your child's next party complete with party favors, shoes and bumper bowling. The Pizza Bowl is also available for teen and adult parties.

COSMIC BOWL

Glow-in-the-dark bowling happens Friday and Saturday nights.

BOWLING SPECIAL

Mondays and Fridays
11 a.m.- 2 p.m.
Pay €1.00 per game. WOW!

SUNDAY IS FAMILY DAY

All games are only €1.50

SHAPE HOLIDAYS

Bowl for €1.50 per game

PRO SHOP

Stop by the Pro Shop for many choices in bowling equipment. The Pro Shop also offers a *state of the art* drill press for drilling balls; any bowling ball can be drilled on site. Appointments are required.

SNACK BAR

Come try a delicious pizza and check-out our new snack bar menu with many items such as Biscuits and Gravy, Mexico Platter with Tacos, Burritos, Spanish Rice and Refried Beans, Chicken Caesar Salad, French Toast, and Otis Spunkmeyer muffins, and cookies.

SILVER SPOON – HQ Cafeteria

Bldg. 102, SHAPE
DSN 423-5114; CIV 065-44-5114
Breakfast
Mon -Fri, 7:30 a.m. - 10 a.m.
Lunch
Mon - Fri, 11:30 a.m. - 2 p.m.

**SILVER SPOON – HQ Cafeteria
Café Bar**

Open Mon - Thu, 9 a.m.- 5 p.m.
Fri, 9 a.m - 3:30 p.m.
The HQ Cafeteria offers a large variety of choices from sandwiches, to hot full-course meals, and a large salad bar. For a menu listing, pick up a SHAPE Community Life magazine or www.shapeonline.net

SHAPE CLUB

Bldg. 903, SHAPE
DSN 361-4133
CIV 065-44-4133
Dining Room Lunch
Mon - Fri, 11:30 a.m. - 1:30 p.m.
Steak Night Thursdays 6 p.m - 9 p.m.
Ballroom is available to rent for receptions. The Namur room at the SHAPE Club is now open as a new dining area. Enjoy our all-inclusive business lunch special for €7.50.

Mons Bar

Open Mon - Wed, 5 p.m. - 11:30 p.m.
Fri, 3:30 p.m.- midnight for Disco Nights. Food service available
Mon - Fri, 6 p.m. - 9 p.m.
Happy Hour Wed 6 p.m. - 7 p.m.
Dart Night every Monday only €5.

Sunday Brunch

Call for reservations.

SHAPE EVENTS CENTER

Bldg. 303, SHAPE
Because YOU deserve it every Friday Night!
Fridays, 4 p.m - 1 a.m.
Happy Hour, 5 p.m.- 6 p.m.
Disco, 9 p.m.- 1 a.m.

Join us for Boogie Nights every Friday night and dance to your favorite tunes!

Claim your Stammtisch table for the night! The SHAPE Events Center is the perfect place to play pool, darts, and watch your favorite games on the big screen TV or chat with friends.

PRIME TIME LOUNGE

Daumerie Caserne, Bldg #7
DSN 361-5540; CIV 068-27-5540
Breakfast
Mon - Fri, 7 a.m. - 9 a.m.
Lunch
Mon -Fri, 11:30 a.m.-1:30 p.m.

Karaoke Nights

Come join the fun every Friday night from 9:00 p.m. - 2:00 am. Karaoke, professional pool tables, INTERNET Café and good music.

Low-Carb Menu

Limit your carbs, not your lifestyle! We have a great new low-carb menu just for you!



Congratulations to our drawing winners at the Valentine's Day Lunch at the PTL!



THANKS to the community for supporting this event and to our contributors for their generous donations: DeCa, AAFES, Berghoff and SHAPE Trips & Tours.

SHAPE ARTS & CRAFTS CENTRE

Bldg 209, SHAPE
DSN 423-4680; CIV 065-44-4680
Mon - Thu 8:30 a.m. - 5:30 p.m.
Fri, 8:30 a.m. - 4:30 p.m.
Closed Sat/Sun and SHAPE
Holidays.

Are you looking for a special item:
a personalized desk name plate or
an award? Come and see our
selection of wooden pen boxes,
acrylic awards, plaques, and various
other unique items to be engraved.

SAHS Spring Bazaar
March 18 and 19
SHAPE School
Cafeteria.
Features a vendors
from all over Europe.

SHAPE ARTS & CRAFTS CENTRE**Framing-Refresher Course**

March 2, 6
6 p.m. - 10 p.m.

Framing

March 9, 16, 20, 23, 27
9 a.m. - 1 p.m.

Scrapbooking

March 7, 16
10 a.m. - noon

Candy Making

March 8
6 p.m. - 9 p.m.

Basketry

March 8, 15, 22, 29
9 a.m. - noon,
12:30 p.m. - 3:30 p.m.

Mosaics

March 15
9:30 a.m. - 12:30 p.m.
10 a.m. - 1 p.m.
March 22
6 p.m. - 9 p.m.

Children's Mosaics

March 18
noon - 2 p.m.

SHAPE ARTS & CRAFTS CENTRE**Sewing**

Stylish Purse
March 16
9:30 a.m. - 12:30 p.m.

Digital Photography

March 7
6 p.m. - 9 p.m.

Pottery

March 9, 16, 23, 30
6 p.m. - 9 p.m.
March 29
9:30 a.m. - 12:30 p.m.

Quilting

March 9, 23
9:30 a.m. - 11:30 a.m.
1 p.m. - 3 p.m.
March 11
11 a.m. - 5 p.m.

Flower Arranging

March 10
1 p.m. - 3 p.m.

Call the Arts & Crafts Centre
for the schedule of creative classes
occurring in April!

SHAPE Arts and Crafts Centre

by Don Reichert

You are new to Belgium. You don't speak the language and your first experience in downtown Mons was not what you expected. You want a piece of home so you decide to check out the SHAPE Arts and Crafts Centre. Here, you know that you are welcome. They speak your language and you can do those "American things" that people in Belgium don't understand. You walk in the center. There are more brochures in the foyer about different activities than you have seen anywhere on a military base. Ceramics, framing and a fully equipped wood shop, of course. But there are things that you don't normally see in a regular military craft shop such as basketry, pottery, stained glass, digital photography and cinematography. This is going to be fun! As you walk through the center you see people from many different countries; some speaking languages you have never heard of, but all seeming friendly and attempting to speak to you in English, telling you about what they are doing. Service members or family members, depending on the time of day, you will find just about everyone there at one time or another. Not wanting to rest on their laurels, the Arts & Crafts staff are always adding new and exciting courses to the mix. Want to do something with that digital camcorder you got last Christmas? Take the cinematography course taught by an award winning Belgium cinematographer! Take tons of digital shots but don't know how to crop, get the red eye out, or balance color? The beginning Photoshop Elements course will give you the know-how to present your photos in the best manner possible. Want to enhance your house? Take furniture refinishing, painting or framing to finish off the wonderful pictures you have made after your digital camera class. Want to make gifts to send back to relatives? Take ceramics, basketry, needlework or sewing. Need a quick gift? Visit the unique boutique. Want a great idea for a birthday party? Bring your child and his/her friends for a birthday involving crafts and fun! Need an engraved plaque or gift? The Arts & Crafts Centre can help you! The Craft Centre has almost everything you need or will do their best to find someone to teach it. We are looking forward to welcoming you. Come in and have a cup of coffee or tea and chat with us!



SHAPE TRIPS & TOURS

Bldg 307, SHAPE
Community Activity Centre
DSN 423-3884; CIV 065-44-3884
FAX 065-44-5754
E-mail: st&t@benelux.army.mil
Open Mon - Fri, 9 a.m.- 4 p.m.
Closed SHAPE Holidays.
[Http://www.Shapeonline.net](http://www.Shapeonline.net)

Family visiting? No worries. Guests are welcome to travel with us as long as they are accompanied by an authorized ID cardholder and submit a completed visitors pass prior to travel.

Paris Day Trip

March 11, Saturday

Crystal & Pottery Extravaganza

Germany and Poland
March 16-18, Thursday - Saturday
Price: €307/person twin room, €322 single room. Price includes two seats per person, overnight accommodation, and transportation. Only 25 seats available.
Sign up soon!

London Day Trip

March 18, Saturday. **Price:** €36

Ice Skating in Tournai

March 18, Saturday, **Price:** €19

Somme Battlefields

March 25, Saturday. **Price:** €27

Spain

April 9-16, Spring Break!
Price: €599 pp double or twin,
€574/person triple room,
€653 single room, €463/person,
child 2-12*, €199 child under two.
* Sharing a room with two fully paid guests.

Castles of the Loire Valley, France

April 29 - May 1
Saturday - Monday (SHAPE holiday)
Price: €309 pp twin/double room,
€359 single room, €293 pp triple
room, €169 child 3-12, **
€63 child 0-2. **

**Sharing a room with two fully paid guests.

SHAPE TRIPS & TOURS

Bruparck, Brussels

April 5, Wednesday, **Price:** €18

Versailles

April 8, Saturday
Price: €25, children two and under
€19. Price does not include entrance
fee. Entrance is free for children 18
years and younger.

Caving in Belgium

April 9, Sunday, **Price:** €25

Grottos of Han

April 12, Wednesday
Wildlife Reserve, Grottos, tram ride,
museum, and Speleogame.
Price: €39 Adult, €32 Youth 6-12
years, €30 Child 3-5, €22 Child 0-2.

SHAPE TRIPS & TOURS



Keukenhof Gardens

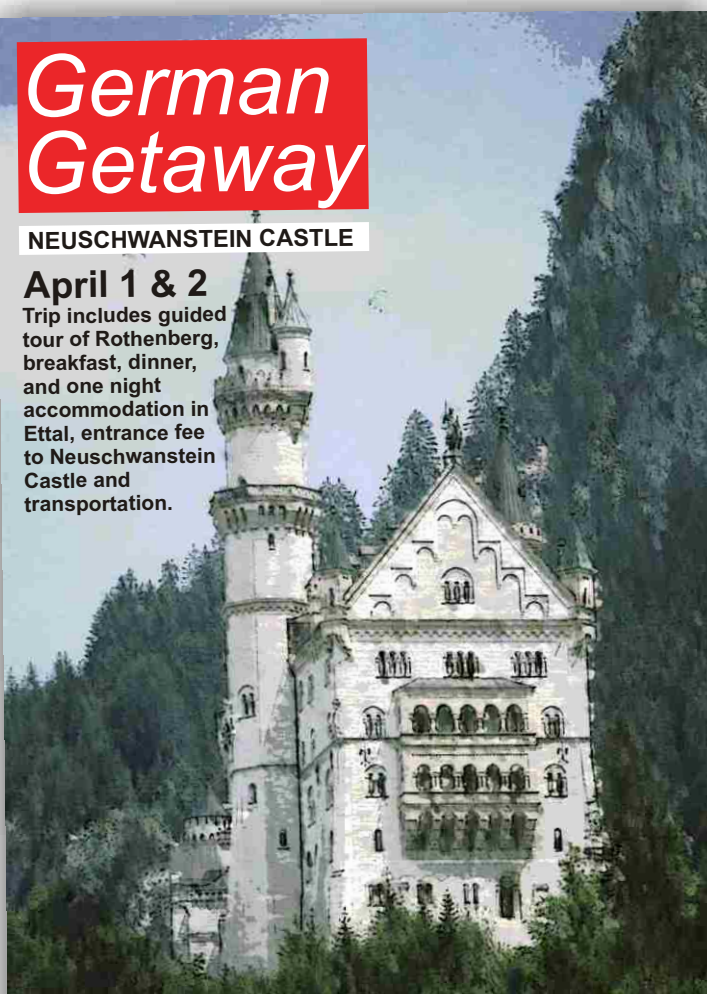
April 22, Saturday
Price: €36 Adults, €29 Child 3-11,
€24 Child 0-2

German Getaway

NEUSCHWANSTEIN CASTLE

April 1 & 2

Trip includes guided
tour of Rothenberg,
breakfast, dinner,
and one night
accommodation in
Ettal, entrance fee
to Neuschwanstein
Castle and
transportation.



SHAPE TRIPS & TOURS

All trips are open to all I.D. cardholders and their guests.
Please make reservations by calling DSN 423-3884.

Grandma's Attic is looking for a few good volunteers!

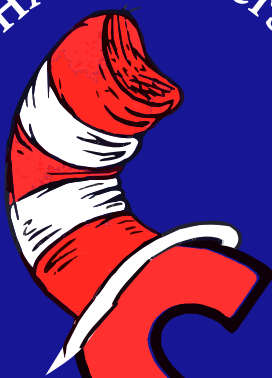
Your treasure could be through our doors. Opportunities are plentiful! You can help with tagging clothes, assisting with consignments or displaying merchandise. If you are interested in becoming a volunteer, please call or stop by during operating hours.

Contact Grandma's Attic at 068-27-5219 or Vicki at 065-59-5288

Hours of operation: Thursday, Friday and Saturday, 11 a.m.- 3 p.m.

Consignments are accepted Thursdays and
the first and second Saturday of each month, 9 a.m. - noon

The SHAPE Players



9 € Adults
7 € Students
5 € Children
BOX OFFICE OPEN
M-F 1400-1700

Seussical

The Musical

Co-Conceived by Lynn Ahrens and Stephen Flaherty and Eric Idle
Directed by Dan LaMorte

A FAMILY MUSICAL BASED ON THE WORKS OF DR. SEUSS

March 23, 1930 - March 24, 1930 - March 25, 1400 & 1930 - March 26, 1500

March 28, 1930 - March 29, 1930 - March 30, 1930 - March 31, 1930 - April 1, 1400

SHAPE Entertainment Centre
Call (065) 44.33.12



ENTERTAINMENT

SHAPE Entertainment Centre

Bldg 207, SHAPE
DSN 423-3312; CIV 065-44-3312
www.shapeonline.net
olivier.galloo@benelux.army.mil

SALSA CLASSES

SHAPE Event Centre.
Tuesdays, Wednesdays, Thursdays
Intermediate class
6 p.m. - 7 p.m.
Beginners class
7:15 p.m.- 8:15 p.m.

Cost: 5.00 € per lesson payable at the beginning of each class.
For more information contact SHAPE Entertainment Centre.

Box Office Hours are:
2 p.m - 5:30 p.m.
For reservations, call
DSN 423- 3312/8241;
CIV 065-3312/8241.

RAGGS Kids Club Band

April 12, (School break) 2 p.m.
SHAPE Cinema
Admission is FREE!
Nominated for two Emmys, RAGGS Kids Club Band's "Pawssuup Tour" was honored with two Emmy nominations; one in the Children's Entertainment Category and the other for Music Composer/Arranger from the National Television Academy MidSouth Chapter.
Join the RAGGS Kids Club Band here at SHAPE for an afternoon of music, fun and entertainment for the whole family! For more information on the RAGGS Kids Club Band, go to
www.raggs.com/meettheband.html.

Missoula Children's Theatre brings HANSEL AND GRETEL

Auditions

April 17, 4 p.m. and 6 p.m.
Auditions are open to all youth between the ages of 5 and 18.

Rehearsal schedule

April 17 - 21

Production

April 21, 7 p.m.

Ticket Cost: 4€ General seating

Special Event

LUAU

Maohi Nui

"Polynesian Dance Group"

May 12, SHAPE

Admission is FREE!

Look for upcoming details in your community!

Singing and Voice Lessons

at the SHAPE Entertainment Centre

Maria Kanellopoulou is a new member of our community. She is a professional opera singer and has begun collaboration with the S.H.A.P.E. Entertainment Centre to teach voice coaching classes. She has studied in Greece and Italy and has been a member of the National Greek Opera for five consecutive years.

In a recent interview Ms. Kanellopoulou shared her philosophy of music and life.

"Music is for everybody! It's a way of expressing our inner feelings, of communicating and of course, having fun! Imagine the world if only trained people should make music...It would be a very silent place..."

..."from the first lesson one can learn something but it really takes months, even years of practice to reach a higher technical level. Technique shouldn't be our goal. It is a mere instrument to help us express ourselves better and add "colors" in our singing "palette". It also helps us surpass difficulties such as nervousness or a light cold. It makes us more confident when we get to sing!"

Ms. Kanellopoulou gave some insight on what types of classes she will be teaching at SHAPE.

"There are four different classes. Two of them are quite specific The OPERA SINGING is only for those interested in classical singing and it is not recommended for amateurs... the TECHNIQUE OF SPEECH is for people who have poor speaking habits and an ache in the throat after talking for some time. Some exercises can help their vocal health. The other two classes are recommended for all, beginners or not. The SINGING TECH is a tips and tricks course, a really light course for people who want to try out their skills. We get to do some corrections on the way they sing and some light exercises just to get acquainted to what vocal study is. The ART OF SINGING is a full vocal training class, with exercises, repertory suggestions and study, improvement of vocal range and resolving of pitch problems, if possible. For more information one can contact me personally through the entertainment center. We can determine together what suits the student. Since it is an individual class, we can personalize the course according to their needs."

Ms. Kanellopoulou is currently organizing auditions in France and Germany and flies to Milan once a week to work with her own teacher, the soprano, Maria Luisa Cioni. She has also planned a concert in June in a castle near the base. Look for more details soon because we're all invited!

Please welcome the talented Maria Kanellopoulou to our community.

Have you always wanted to learn how to sing or needed voice coaching lessons? This is your chance! SHAPE Entertainment four new classes for you! For more information and to sign up please contact the SHAPE Entertainment Center at 065-44-3312 .



Maria Kanellopoulou

New to the community?

USAG BENELUX Newcomer's Briefing On March and April 12 get a complete overview of the military community on SHAPE/Chievres. Come to the Hotel Le Maisières at 8.30 a.m. and find out more about your new neighborhood. The briefing is open to all U.S. ID cardholders. Call CIV 065-44-4332 for more details. All participants are treated to a free lunch, sponsored by Celtic Spring Water, Berghoff and Quality Furniture.

W.E.B. Office Welcoming Everyone to Belgium is located in the Hotel Le Maisieres, beside the American Lounge and open Monday through Friday from 9 a.m.- noon. The W.E.B. office is an ACS outreach program connecting community members and providing assistance with services, activities, and information about events in the local area.

Take the Bus Meet outside the Hotel Le Maisières on Thursday, March 9 and April 13. Explore with ACS and learn how to find your way around in the area using the Belgian bus system. To sign up call CIV 065-44-4332.

Take the Train Find out how you can discover your new area while traveling around using the Belgian train system on Saturday, March 10 and April 15. To sign up, call ACS at CIV 065-44-4332.

Cultural Adaptation Trip Another great opportunity to explore your new surroundings. Get interesting insights about the Belgian culture, eat great waffles, visit a Belgian vintage store or Belgian brewery. Call CIV 065-44-5324 to get signed up for scheduled trips on March 15 and April 14. Group meets at 8:45 a.m. in front of ACS, Bldg 318, SHAPE.

French HEADSTART A free 30 hour introduction to the French language and Belgian culture. Instructors are French native speakers. The course is mandatory for all USAREUR soldiers E1 to O5. Other active duty military and adult family members may attend on a space available basis and openings may be filled by any member of NATO/SHAPE/Chievres community. There is no fee and a textbook is provided. Please call the Education Center at CIV 065-44-3466 to register for March and April classes.

Rendez-Vous with French This free course is designed to teach you some key words and phrases in the French language and to give you tips about local customs. Rendez-Vous with French is not a substitute for a language class, but it can assist you on where to find the best language training in the area. Next classes are scheduled for March 14 and April 18, 9:00 a.m. - noon. To sign up, please call the Welcome Everyone to Belgium (WEB) office at the Hotel Le Maisieres at DSN 366-6252 or ACS at 423-7598.

SHAPE Language Center Provides language training in English, French, and a variety of other languages namely Dutch, German, Greek, Italian, Spanish, Polish, Portuguese, Turkish, and Russian. This is a wonderful opportunity to learn another language. Receive 50 percent discount on your dependents first English or French beginner course if you sign-up within your first six months in the community. The Language Center offers a Spring/Summer, and Fall/Winter class and is located on SHAPE in Bldg 211. Call CIV 065-44-4971 for additional info and to make appointments.

Job Opportunities Workshop Every Wednesday morning the Army Community Service - ACS Employment Readiness Program (located in Bldg 318, Room 118, SHAPE) offers a workshop to assist family members in their job search and career development. The ACS Employment Readiness Program works closely with the Civilian Personnel Advisory Center (CPAC) to provide a full range of employment-related services from building your resume, to working with Resumix and giving tips for a smooth job interview. Active duty service members, civilian employees, retirees, surviving spouses, and family members (to include youth) are eligible to use these services. To register, call CIV 065-44-4904.

Lending Locker Call ACS at CIV 065-44-4332 to borrow items while moving. The Lending Locker is open Mon - Fri, 9 a.m. - 1 p.m., located on SHAPE in Bldg 318 and offers many useful items, including vacuum cleaners, until your household goods arrive.

Women's History Month March 1-31, 2006

The First Congressional Resolution acknowledging the importance of remembering Womens History Week passed in 1981. Later in 1987, the entire month was designated Womens History Month. This year during Women's History month, we will celebrate Women: Builders of Communities and Dreams. The theme refers to the ways women have changed lives--their contributions have enriched our culture, strengthened our nation, and have fundamentally shaped our civilization. Our Nation would not be where it is without the strength and courage, wisdom and persistence of those who preceded them. We all should be proud to recognize the many contributions American Women have made to help our nation become free, strong and a force for peace and justice around the world.

Stay tuned for upcoming events during the month of March by checking the USBC-Benelux Website, posted flyers, and listening to AFN!

Civilian Phone Code

When dialing a military telephone number or DSN from a civilian telephone, convert the DSN prefix: Locate the DSN number and correct city such as 361-5904 (Chievres). The civilian number would be 068 (city code) 27 (civilian prefix) 5904 (last 4 of DSN).

DSN	CITY	CODE	CIV	PREFIX
365	Brussels	02	7079	last 3
368	Brussels	02	7179	last 3
361	Chievres	068	27	last 4
366	SHAPE	065	32	last 4
423	SHAPE	065	44	last 4
360	Schinnen	003146	443	last 4
364	Schinnen	003145	526	last 4

For emergencies call:
Ambulance 112 (Netherlands/Belgium)
Fire 100 (Belgium)
Police 101 (Belgium)
SHAPE 065 44-3333
MP on Base 114 (All Communities)
Poison Control-090-245245

Important Community Phone Numbers

AAFES Brussels	368-9789
AAFES Chievres	361-5100
AAFES Schinnen	360-7586
Rotterdam Annex	362-2359

Armed Forces Network (AFN)	423-4121
<u>AFN Radio Frequencies</u>	
Brussels	101.7 FM
Chievres	107.9 FM
SHAPE	104.2 FM, 106.5 FM
Schinnen	89.2 FM

<u>Cinema</u>	
JFC HQ Brunssum	0031 455 26-2110
SHAPE	423-5600

Civilian Personnel Office (NAF) 361-5319

Commissary

Chievres	361-5671
Schinnen	360-7513

Computer Help Desk

Brussels	368-9741
Chievres	361-5328
Schinnen	360-7403
SHAPE	423-7251

Equal Employment Opportunity (EEO)

Chievres/SHAPE/Brussels	361-5057
Schinnen	360-7445

Finance Office

JFC HQ Brunssum	364-2829/2839
Brussels	368-9732
SHAPE	423-5211
Dial-a-Rate	423-3601
(SHAPE and Brussels only)	

Healthcare Facility

Geilenkirchen	0049 2451 99-3200
NATO (Brussels)	368-9500
SHAPE	423-5886

Chievres Vet Clinic	361-5435
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MWR Office

Brussels	368-9753
Chievres	361-5246
Schinnen	360-1550
SHAPE	423-4269/4777

Public Affairs Office	361-5419
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For non-emergencies call:

American Red Cross

SHAPE DSN	452-9440
CIV	0049 656 561-9440
Geilenkirchen AB	0049 245 163-2068

Military Police

Brussels	368-9769
Chievres	361-5301
Schinnen	360-7555
SHAPE	423-3333/3334

www.afnorth.nato.int

Joint Force Command Brunssum
www.afnorthlibrary.benelux.army.mil
library source

www.nato.int

Northern Atlantic Treaty Organization

www.nato.int/structur/recruit/index.htm

NATO Brussels vacancies

www.afno-is.eu.dodea.edu

AFNorth International School

www.brus-ehs.eu.dodea.edu

Brussels International School

www.usagschinnen.eur.army.mil

provides information on USAG Schinner

www.shap-hs.eu.dodea.edu

SHAPE International High School

www.shap-es.eu.dodea.edu

SHAPE International Elementary School

www.usagbenelux.eur.army.mil

provides information concerning the USAG BENELUX

www.shapeonline.net

provides MWR information for programs and services available on SHAPE and open to the international community.

www.usagbrussels.eur.army.mil

provides community event information for the Brussels community.

www.afneurope.net/SHAPE

provides Armed Forces Network Europe information including news and special events information.

www.army.mil

links to Army Knowledge On-line

www.tricare.osd.mil

links to US DoD Health Care System

<https://mypay.dfas.mil/mypay.aspx>

manage pay information, leave and earning statements, and more

www.cpol.army.mil

provides information on General Schedule and Non-appropriated jobs in the BENELUX

www.nato.int/shape/community/civpers/office.htm

provides information on SHAPE NATO available jobs.

ice.disa.mil

provides access to interactive customer evaluation (ICE)

Other Community Information Sources

MWR Europe - Connection Magazine
SHAPE MWR - Community Life Magazine
USAG Benelux PAO - Meteor-Heraut
JFC HQ Brunssum - Northern Star
USAG Brussels - The Brussels Weekly - a U.S. Tri-Missions newsletter.

Travel Information

For online links to European travel sources to include SATO Travel Europe, Armed Forces Vacation Clubs, train and bus schedules, visit website:

<http://www.usagbenelux.eur.army.mil>

Happy Trails!



GOOD NEWS!
CHIEVRES APO IS NOW OPEN
MONDAY - FRIDAY
10 a.m. - 2 p.m.

RAGGS KIDS CLUB BAND™



Admission is Free.

COME
WAG YOUR
TAIL
AWAY!



Schinnen, 11 April
For Further Details Call: 360-7293

SHAPE, 12 April at 2:00 p.m.
in the SHAPE Cinema

Brussels, 13 April at 7:00 p.m.
in the Three Star Lounge



www.raggs.com/meettheband.html